

Shrimp Creole V

Alice V. Cinader

Gourmet Eating in South Carolina - (1985)

1 pound small peeled shrimp
1 large onion, diced
2 cans tomato sauce
1 teaspoon Tabasco sauce
1 large bell pepper, diced
2 stalks celery, diced
2 cans tomato paste
3 teaspoons butter

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In a saucepan, saute' the onion, celery and
green pepper.

Add the tomato paste and tomato sauce. Let
simmer for 45 minutes.

Add the shrimp. Cook until the shrimp are done,
approximately 10 minutes.

Season to taste.

Serve over cooked rice.

Per Serving (excluding unknown
items): 551 Calories; 14g Fat
(20.4% calories from fat); 19g
Protein; 106g Carbohydrate; 23g
Dietary Fiber; 31mg Cholesterol;
5249mg Sodium. Exchanges: 19
Vegetable; 2 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	551
% Calories from Fat:	20.4%
% Calories from Carbohydrates:	67.4%
% Calories from Protein:	12.2%
Total Fat (g):	14g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	31mg
Carbohydrate (g):	106g
Dietary Fiber (g):	23g

Vitamin B6 (mg):	2.2mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.9mg
Riboflavin B2 (mg):	.8mg
Folacin (mcg):	175mcg
Niacin (mg):	15mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 19g
Sodium (mg): 5249mg
Potassium (mg): 4892mg
Calcium (mg): 229mg
Iron (mg): 10mg
Zinc (mg): 4mg
Vitamin C (mg): 263mg
Vitamin A (i.u.): 12526IU
Vitamin A (r.e.): 1315RE

Lean Meat: 0
Vegetable: 19
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 551 **Calories from Fat:** 112

% Daily Values*

Total Fat	14g	22%
Saturated Fat	8g	38%
Cholesterol	31mg	10%
Sodium	5249mg	219%
Total Carbohydrates	106g	35%
Dietary Fiber	23g	92%
Protein	19g	
Vitamin A		251%
Vitamin C		438%
Calcium		23%
Iron		56%

* Percent Daily Values are based on a 2000 calorie diet.