

Shrimp Creole VI

*La Junta Guest Ranch - Alto, NM
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 10

1 cup flour
1 cup oil
2 cups onions, chopped
1 cup celery, chopped
1 cup green bell pepper, chopped
1 cup garlic, minced
1 can (28 ounce) tomatoes
2 cans (6 ounce ea) tomato paste
6 cans (13-3/4 ounce ea) chicken
broth
1/2 cup fresh lemon juice
3 pounds shrimp, peeled and deveined
salt (to taste)
freshly ground pepper (to taste)
Tabasco sauce
Cayenne pepper
2 tablespoons fresh parsley, chopped
2 tablespoons green onion tops,
chopped

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In a large saute' pan, make a roux by combining the flour and oil and cooking, stirring constantly, until the mixture turns golden brown.

Add the onions, celery, green pepper and garlic to the pan. Add the tomatoes and tomato paste. Cook for 5 minutes.

Add the broth and lemon juice. Simmer for one hour.

Add the shrimp and cook for 10 minutes.

Season to taste with salt, pepper, Tabasco and Cayenne.

Add the parsley and green onion tops 5 minutes before serving over rice.

Per Serving (excluding unknown items): 471 Calories; 25g Fat (48.4% calories from fat); 34g Protein; 27g Carbohydrate; 3g Dietary Fiber; 207mg Cholesterol; 882mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 4 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	471	Vitamin B6 (mg):	.3mg
% Calories from Fat:	48.4%	Vitamin B12 (mcg):	1.5mcg
	22.5%	Thiamin B1 (mg):	.2mg

% Calories from Carbohydrates:
 % Calories from Protein: 29.1%
 Total Fat (g): 25g
 Saturated Fat (g): 3g
 Monounsaturated Fat (g): 14g
 Polyunsaturated Fat (g): 6g
 Cholesterol (mg): 207mg
 Carbohydrate (g): 27g
 Dietary Fiber (g): 3g
 Protein (g): 34g
 Sodium (mg): 882mg
 Potassium (mg): 846mg
 Calcium (mg): 127mg
 Iron (mg): 5mg
 Zinc (mg): 2mg
 Vitamin C (mg): 43mg
 Vitamin A (i.u.): 1114IU
 Vitamin A (r.e.): 160RE

Riboflavin B2 (mg): .2mg
 Folacin (mcg): 34mcg
 Niacin (mg): 7mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Deficient: 0.0%

Food Exchanges

Grain (Starch): 1/2
 Lean Meat: 4
 Vegetable: 2 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 4 1/2
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 471 Calories from Fat: 228

% Daily Values*

Total Fat	25g	39%
Saturated Fat	3g	15%
Cholesterol	207mg	69%
Sodium	882mg	37%
Total Carbohydrates	27g	9%
Dietary Fiber	3g	12%
Protein	34g	

Vitamin A	22%
Vitamin C	72%
Calcium	13%
Iron	28%

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