

Shrimp Italian

Mr. Gordon D. Ellis

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 6

olive oil
5 pounds shrimp (in shells)
1 cup onion, chopped
1 cup celery, chopped
1 cup bell pepper, chopped
1 lemon, in small pieces
1/2 cup shallots, chopped
salt (to taste)
pepper (to taste)
cayenne pepper (to taste)
rosemary (to taste)
oregano (to taste)
bay leaves (to taste)
garlic powder (to taste)
4 ounces sherry

Cover the bottom of a pot with oil.

Add the shrimp in their shells. Cook until pink.

Add the onion, celery, bell pepper, lemon, shallots and sherry.

Add the salt, pepper, cayenne, rosemary, oregano, bay leaves and garlic powder.

Cover and cook on low heat for about 30 minutes. Stir occasionally.

Per Serving (excluding unknown items): 58 Calories; trace Fat (3.2% calories from fat); 1g Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 22mg Sodium. Exchanges: 1 Vegetable; 0 Fruit.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	58	Vitamin B6 (mg):	.2mg
% Calories from Fat:	3.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	86.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	10.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	22mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	26

Cholesterol (mg):	0mg
Carbohydrate (g):	9g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	22mg
Potassium (mg):	218mg
Calcium (mg):	25mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	31mg
Vitamin A (i.u.):	1851IU
Vitamin A (r.e.):	185RE

% Daily Values 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 58 **Calories from Fat:** 2

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	22mg	1%
Total Carbohydrates	9g	3%
Dietary Fiber	1g	5%
Protein	1g	

Vitamin A	37%
Vitamin C	52%
Calcium	2%
Iron	3%

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