

Shrimp Louisianne

Mrs. Weldon Smith

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

Servings: 4

1/2 cup margarine
2 onions, finely chopped
2 stalks celery, finely chopped
2 pounds raw shrimp, peeled
4 tablespoons flour
1 teaspoon salt
2 teaspoons chili powder
2 cups milk
4 tablespoons ketchup
1 tablespoon dried parsley

In a heavy skillet, melt the margarine. Saute' the onions and celery.

Add the raw peeled shrimp. Saute' a few minutes longer.

Stir in the flour, salt and chili powder.

Add the milk gradually. Cook 5 minutes over low heat.

Add the ketchup and parsley.

Cook, covered, for 10 to 15 minutes.

Serve over rice with a green salad and French bread.

Per Serving (excluding unknown items): 351 Calories; 27g Fat (68.2% calories from fat); 6g Protein; 22g Carbohydrate; 2g Dietary Fiber; 17mg Cholesterol; 1070mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 5 1/2 Fat; 1/2 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	351	Vitamin B6 (mg):	.2mg
% Calories from Fat:	68.2%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	24.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.0%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	27g	Folacin (mcg):	28mcg
Saturated Fat (g):	7g	Niacin (mg):	1mg
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	7g
Cholesterol (mg):	17mg
Carbohydrate (g):	22g
Dietary Fiber (g):	2g
Protein (g):	6g
Sodium (mg):	1070mg
Potassium (mg):	457mg
Calcium (mg):	189mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	10mg
Vitamin A (i.u.):	1854IU
Vitamin A (r.e.):	340 1/2RE

Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	1/2
Fat:	5 1/2
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	351	Calories from Fat: 239
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% Daily Values*

Total Fat	27g	42%
Saturated Fat	7g	33%
Cholesterol	17mg	6%
Sodium	1070mg	45%
Total Carbohydrates	22g	7%
Dietary Fiber	2g	9%
Protein	6g	
Vitamin A		37%
Vitamin C		16%
Calcium		19%
Iron		7%

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