

# Shrimp Marinie're

Mrs. Hubert Waguespack

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

**Servings: 4**

- 1/2 cup butter or margarine
- 1 cup shallots, finely chopped
- 3 tablespoons flour
- 2 cups milk
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1/3 cup white wine
- 1 1/2 pounds shrimp, boiled and peeled
- 1 egg yolk, beaten

In a medium skillet, melt the butter and saute' the shallots until tender. Blend in the flour and cook slowly for 3 to 5 minutes more, stirring constantly.

Stir in the milk until smooth. Add the salt, pepper and wine. Cook about 10 minutes more. Remove from the heat.

Add the shrimp and quickly stir in the egg yolk. Return to the heat and slowly cook until heated through.

Place the mixture in ramekins and sprinkle the tops with red pepper. Heat under the broiler until piping hot. (Or serve over rice in pastry shells.)

(The dish may be frozen and reheated, but not over too hot a flame or the mixture might separate.)

Per Serving (excluding unknown items): 537 Calories; 31g Fat (54.2% calories from fat); 41g Protein; 19g Carbohydrate; trace Dietary Fiber; 391mg Cholesterol; 820mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 5 1/2 Fat.

Seafood

**Per Serving Nutritional Analysis**

Calories (kcal):	537	Vitamin B6 (mg):	.2mg
% Calories from Fat:	54.2%	Vitamin B12 (mcg):	2.3mcg
% Calories from Carbohydrates:	14.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	31.5%	Riboflavin B2 (mg):	.3mg

**Total Fat (g):** 31g  
**Saturated Fat (g):** 18g  
**Monounsaturated Fat (g):** 9g  
**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 391mg  
**Carbohydrate (g):** 19g  
**Dietary Fiber (g):** trace  
**Protein (g):** 41g  
**Sodium (mg):** 820mg  
**Potassium (mg):** 669mg  
**Calcium (mg):** 266mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 8mg  
**Vitamin A (i.u.):** 6447IU  
**Vitamin A (r.e.):** 881 1/2RE

**Folacin (mcg):** 33mcg  
**Niacin (mg):** 5mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 13  
**% Daily Values\***

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 537 **Calories from Fat:** 291

### % Daily Values\*

**Total Fat** 31g 48%  
     Saturated Fat 18g 88%  
**Cholesterol** 391mg 130%  
**Sodium** 820mg 34%  
**Total Carbohydrates** 19g 6%  
     Dietary Fiber trace 1%  
**Protein** 41g

**Vitamin A** 129%  
**Vitamin C** 13%  
**Calcium** 27%  
**Iron** 28%

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