

Shrimp Riviera

Mrs. C. B. Berry

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

Servings: 4

3 tablespoons butter or margarine
1 1/2 cups celery, chopped
1/2 cup sliced onions
1 clove garlic, minced
1 tablespoon flour
2 cups canned tomatoes
1 can (8 ounce) tomato sauce
2 tablespoons parsley, chopped
1 teaspoon oregano
1 1/2 teaspoons salt
2 pounds shrimp, peeled and deveined
1/2 cup sliced black olives

In a large skillet, melt the butter. Saute' the celery, onions and garlic until tender. Sprinkle in flour and stir until light brown.

Add the tomatoes, tomato sauce, parsley, oregano and salt. Simmer 10 to 15 minutes.

Add the shrimp and olives. Continue cooking until the shrimp are done, about 5 minutes.

Serve on fluffy white rice tossed with sliced mushrooms which have been lightly saute'd in butter and drained.

Per Serving (excluding unknown items): 400 Calories; 15g Fat (33.1% calories from fat); 49g Protein; 18g Carbohydrate; 4g Dietary Fiber; 368mg Cholesterol; 1958mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	400	Vitamin B6 (mg):	.3mg
% Calories from Fat:	33.1%	Vitamin B12 (mcg):	2.3mcg
% Calories from Carbohydrates:	17.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	49.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	15g	Folacin (mcg):	42mcg
Saturated Fat (g):	6g	Niacin (mg):	8mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	368mg	% Refuse:	n n%
Carbohydrate (g):	18g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	0
Protein (g):	49g	Lean Meat:	6 1/2
Sodium (mg):	1958mg	Vegetable:	2
Potassium (mg):	1091mg	Fruit:	0
Calcium (mg):	216mg	Non-Fat Milk:	0
Iron (mg):	8mg	Fat:	2
Zinc (mg):	3mg	Other Carbohydrates:	0
Vitamin C (mg):	32mg		
Vitamin A (i.u.):	2302IU		

Vitamin A (r.e.):

360 1/2RE

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	400	Calories from Fat: 132
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% Daily Values*

Total Fat	15g	22%
Saturated Fat	6g	30%
Cholesterol	368mg	123%
Sodium	1958mg	82%
Total Carbohydrates	18g	6%
Dietary Fiber	4g	16%
Protein	49g	

Vitamin A	46%
Vitamin C	54%
Calcium	22%
Iron	42%

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