

Shrimp Scampi

Gourmet Eating in South Carolina - (1985)

1 pound shrimp, cleaned and deveined
2 cloves garlic, minced
1/2 teaspoon salt
1/8 teaspoon basil
1/8 teaspoon oregano
1/4 cup butter or margarine
3 tablespoons olive oil
1/2 cup parsley, coarsely chopped
Parmesan cheese
freshly ground black pepper

In a bowl, blend the garlic, salt, basil and oregano.

In a skillet, heat the butter, olive oil and garlic mixture. When very hot, add the shrimp. Cook until firm and pink, about 3 minutes.

Serve over pasta or cooked rice.

Sprinkle with Parmesan and black pepper.

Per Serving (excluding unknown items): 1267 Calories; 94g Fat (67.7% calories from fat); 93g Protein; 8g Carbohydrate; 1g Dietary Fiber; 814mg Cholesterol; 2224mg Sodium. Exchanges: 0 Grain(Starch); 13 Lean Meat; 1/2 Vegetable; 17 1/2 Fat.

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Seafood

Per Serving Nutritional Analysis

Calories (kcal):	1267
% Calories from Fat:	67.7%
% Calories from Carbohydrates:	2.5%
% Calories from Protein:	29.8%
Total Fat (g):	94g
Saturated Fat (g):	35g
Monounsaturated Fat (g):	44g
Polyunsaturated Fat (g):	8g
Cholesterol (mg):	814mg
Carbohydrate (g):	8g
Dietary Fiber (g):	1g
Protein (g):	93g
Sodium (mg):	2224mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	4.6mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	62mcg
Niacin (mg):	12mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	13
Vegetable:	1/2

Potassium (mg): 1054mg
Calcium (mg): 316mg
Iron (mg): 13mg
Zinc (mg): 5mg
Vitamin C (mg): 51mg
Vitamin A (i.u.): 4140IU
Vitamin A (r.e.): 833 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 17 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1267 **Calories from Fat:** 857

% Daily Values*

Total Fat	94g	145%
Saturated Fat	35g	174%
Cholesterol	814mg	271%
Sodium	2224mg	93%
Total Carbohydrates	8g	3%
Dietary Fiber	1g	5%
Protein	93g	
Vitamin A		83%
Vitamin C		85%
Calcium		32%
Iron		72%

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