

Shrimp with Herbed Jalapeno Cheese

Joanne Gross - Lufkin, TX
Southern Living - 1987 Annual Recipes

Yield: 16 appetizers

2 pounds large fresh shrimp, unpeeled
6 cups water
1/2 teaspoon salt
1 package (8 ounce) cream cheese,
softened
1 clove garlic, minced
2 pickled jalapeno peppers, seeded
and finely chopped
2 teaspoons dried cilantro
salt (to taste)
pepper (to taste)

Peel the shrimp, leaving the tail and the first joint of the shell intact. Cut a deep slit down the outside curve of each shrimp. Devein.

In a large saucepan, combine the water and 1/2 teaspoon of salt. Bring to a boil. Add the shrimp and cook for 3 to 4 minutes. Drain the shrimp well. Rinse with cold water. Pat dry. Chill.

In a bowl, combine the cream cheese, garlic, jalapeno peppers, cilantro, salt and pepper. Beat well. Fill a decorating bag fitted with a metal tip #21 with the cream cheese mixture. Pipe the filling lengthwise into the slits in the shrimp.

Per Serving (excluding unknown items): 814 Calories; 81g Fat (88.0% calories from fat); 18g Protein; 7g Carbohydrate; trace Dietary Fiber; 255mg Cholesterol; 1795mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 15 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	814	Vitamin B6 (mg):	.1mg
% Calories from Fat:	88.0%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	3.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.6%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	81g	Folacin (mcg):	31mcg
Saturated Fat (g):	51g	Niacin (mg):	trace
Monounsaturated Fat (g):	23g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	255mg	% Refuse:	0.0%

Carbohydrate (g):	7g
Dietary Fiber (g):	trace
Protein (g):	18g
Sodium (mg):	1795mg
Potassium (mg):	289mg
Calcium (mg):	226mg
Iron (mg):	3mg
Zinc (mg):	2mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	3311IU
Vitamin A (r.e.):	997 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	15
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	814	Calories from Fat: 716
-----------------	-----	------------------------

% Daily Values*

Total Fat	81g	124%
Saturated Fat	51g	255%
Cholesterol	255mg	85%
Sodium	1795mg	75%
Total Carbohydrates	7g	2%
Dietary Fiber	trace	0%
Protein	18g	
Vitamin A		66%
Vitamin C		2%
Calcium		23%
Iron		16%

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