

Zucchini Shrimp

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 4

1 1/2 tablespoons butter
1 tablespoon vegetable oil
1 cup zucchini, chopped
1 cup onion, minced
1/2 pound fresh baby shrimp
1 clove garlic, crushed

Melt the butter and oil in a wok or electric skillet.
Add the zucchini, onion and garlic.

Cook, stirring frequently, until tender, 4 to 5 minutes. Remove the garlic.

Add the shrimp and cook 3 to 5 minutes or until the shrimp are pink.

Serve over rice pilaf.

Per Serving (excluding unknown items): 89 Calories; 8g Fat (76.2% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 46mg Sodium. Exchanges: 1 Vegetable; 1 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	89
% Calories from Fat:	76.2%
% Calories from Carbohydrates:	19.9%
% Calories from Protein:	3.9%
Total Fat (g):	8g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	12mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	46mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	15mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1

Potassium (mg): 144mg
Calcium (mg): 15mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 6mg
Vitamin A (i.u.): 268IU
Vitamin A (r.e.): 51RE

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 89 Calories from Fat: 68

% Daily Values*

Total Fat	8g	12%
Saturated Fat	3g	15%
Cholesterol	12mg	4%
Sodium	46mg	2%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	4%
Protein	1g	

Vitamin A	5%
Vitamin C	9%
Calcium	2%
Iron	1%

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