

Low Country Shrimp Gumbo

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

Servings: 6

1 small can mushrooms, drained
2 small onions, finely chopped
1/2 green pepper, finely chopped
2 tablespoons butter
3 medium tomatoes, peeled and chopped
2 tablespoons all-purpose flour
1/2 cup half-and-half
2 dashes Worcestershire sauce
2 dashes hot sauce
pinch pepper
2 teaspoons salt
1/2 cup dry sherry
3 pounds shrimp, cooked and cleaned
1/2 cup bread crumbs

Preheat the oven to 375 to 400 degrees.

In a skillet, saute' the mushrooms, onion and green pepper in butter until tender.

Add the tomatoes and cook slowly for 8 to 10 minutes.

Stir in the flour and half-and-half. Mix in the Worcestershire, hot sauce, salt, pepper, shrimp and sherry. Simmer.

Place the mixture in a buttered casserole. Top with buttered crumbs.

Bake for 10 minutes or until the top is brown.

Serve over rice or cornbread.

Per Serving (excluding unknown items): 373 Calories; 8g Fat (22.3% calories from fat); 48g Protein; 18g Carbohydrate; 2g Dietary Fiber; 355mg Cholesterol; 1179mg Sodium. Exchanges: 1/2 Grain(Starch); 6 1/2 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	373
% Calories from Fat:	22.3%
% Calories from Carbohydrates:	20.7%
% Calories from Protein:	57.0%
Total Fat (g):	8g
Saturated Fat (g):	3g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	2.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	40mcg
Niacin (mg):	7mg

Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 355mg
Carbohydrate (g): 18g
Dietary Fiber (g): 2g
Protein (g): 48g
Sodium (mg): 1179mg
Potassium (mg): 680mg
Calcium (mg): 158mg
Iron (mg): 6mg
Zinc (mg): 3mg
Vitamin C (mg): 28mg
Vitamin A (i.u.): 1000IU
Vitamin A (r.e.): 203RE

Caffeine (mg): 0mg
Alcohol (kcal): 23
% Refuse: 0%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 6 1/2
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 373 **Calories from Fat:** 83

% Daily Values*

Total Fat	8g	13%
Saturated Fat	3g	15%
Cholesterol	355mg	118%
Sodium	1179mg	49%
Total Carbohydrates	18g	6%
Dietary Fiber	2g	7%
Protein	48g	
Vitamin A		20%
Vitamin C		47%
Calcium		16%
Iron		36%

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