

# Mama's Pickled Shrimp

*Gourmet Eating in South Carolina - (1985)*

## Yield: 1 pint

*2 cups shrimp, cooked and peeled*  
*2 cups water*  
*2 cups vinegar*  
*4 onions, sliced*  
*6 or 7 drops hot sauce*  
*2 teaspoons celery seed*  
*3 tablespoons vegetable oil*

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Separate the onions into rings.

In a saucepan, combine the onion rings, water, vinegar, hot sauce and celery seed. Bring to a boil. Immediately remove the onion rings.

In an airtight container, layer the shrimp and onion rings, ending with the onion rings.

In a pan, bring the water and vinegar mixture to a quick boil. Pour over the shrimp and onion layers. Cool.

Drizzle the vegetable oil over the top. Cover tightly. Refrigerate.

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Per Serving (excluding unknown items): 1263 Calories; 56g Fat (38.0% calories from fat); 108g Protein; 96g Carbohydrate; 25g Dietary Fiber; 719mg Cholesterol; 36579mg Sodium. Exchanges: 0 Grain(Starch); 13 1/2 Lean Meat; 10 1/2 Vegetable; 8 1/2 Fat; 2 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	1263	Vitamin B6 (mg):	2.6mg
% Calories from Fat:	38.0%	Vitamin B12 (mcg):	4.7mcg
% Calories from Carbohydrates:	29.1%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	32.9%	Riboflavin B2 (mg):	1.2mg
Total Fat (g):	56g	Folacin (mcg):	180mcg
Saturated Fat (g):	6g	Niacin (mg):	16mg
Monounsaturated Fat (g):	26g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	15g	Alcohol (kcal):	0
Cholesterol (mg):	719mg	% Refuse:	0 0%
Carbohydrate (g):	96g		

## Food Exchanges

**Dietary Fiber (g):** 25g  
**Protein (g):** 108g  
**Sodium (mg):** 36579mg  
**Potassium (mg):** 4059mg  
**Calcium (mg):** 557mg  
**Iron (mg):** 23mg  
**Zinc (mg):** 7mg  
**Vitamin C (mg):** 1053mg  
**Vitamin A (i.u.):** 4963IU  
**Vitamin A (r.e.):** 662 1/2RE

**Grain (Starch):** 0  
**Lean Meat:** 13 1/2  
**Vegetable:** 10 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 8 1/2  
**Other Carbohydrates:** 2

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## Nutrition Facts

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### Amount Per Serving

**Calories** 1263                      **Calories from Fat:** 480

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### % Daily Values\*

<b>Total Fat</b> 56g	85%
Saturated Fat 6g	32%
<b>Cholesterol</b> 719mg	240%
<b>Sodium</b> 36579mg	1524%
<b>Total Carbohydrates</b> 96g	32%
Dietary Fiber 25g	99%
<b>Protein</b> 108g	
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<b>Vitamin A</b>	99%
<b>Vitamin C</b>	1754%
<b>Calcium</b>	56%
<b>Iron</b>	130%

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