

# Saucy Shrimp-Curried Eggs

Mrs. M. J. Alleman - Prairieville, LA  
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## Servings: 8

8 hard-cooked eggs  
1/3 cup mayonnaise  
1/4 teaspoon salt  
1/2 teaspoon paprika  
1/4 teaspoon curry powder  
1/4 teaspoon dry mustard  
1 1/2 cups water  
1/2 pound unpeeled medium shrimp  
2 tablespoons butter or margarine  
2 tablespoons all-purpose flour  
1 can (10-1/2 ounce) cream of celery soup, undiluted  
3/4 cup milk  
1/2 cup (2 ounces) sharp cheddar cheese, shredded  
1/4 teaspoon curry powder  
1 cup soft breadcrumbs  
1 tablespoon butter or margarine, melted

Hard-cook the eggs: Place the eggs in a saucepan and cover with water at least one inch above the eggs. Bring the water to a boil. Cover the pan with a lid. Turn off the heat and remove the pan from the burner, if necessary, to prevent further boiling. Let the eggs stand in hot water for at least 15 minutes. Drain and cool the eggs in cold water before shelling.

Preheat the oven to 350 degrees.

Slice the eggs in half lengthwise. Carefully remove the yolks. Mash the yolks.

Stir in the mayonnaise, salt, paprika, curry powder and dry mustard. Stuff the egg whites with the yolk mixture. Arrange the eggs in a lightly greased 10x6x2-inch baking dish. Set the eggs aside.

In a saucepan, bring the water to a boil. Add the shrimp and return to a boil. Reduce the heat and simmer for 1 minute. Drain well. Rinse with cold water. Peel, devein and chop the shrimp. Set aside.

In a large saucepan, melt the butter. Add the flour, stirring until smooth. Cook for 1 minute, stirring constantly. Gradually stir in the soup and milk. Cook over medium heat, stirring constantly, until the mixture is bubbly.

Add the cheese and 1/4 teaspoon of curry powder. Stir until the cheese melts. Stir in the chopped shrimp. Pour the mixture over the stuffed eggs.

In a bowl, combine the breadcrumbs and melted butter. Mix well. Sprinkle over the shrimp mixture.

Bake for 15 to 20 minutes.

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Per Serving (excluding unknown items): 258 Calories; 21g Fat (73.8% calories from fat); 10g Protein; 7g Carbohydrate; trace Dietary Fiber; 239mg Cholesterol; 430mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	258	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	73.8%	<b>Vitamin B12 (mcg):</b>	.7mcg
<b>% Calories from Carbohydrates:</b>	11.1%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	15.1%	<b>Riboflavin B2 (mg):</b>	.4mg
<b>Total Fat (g):</b>	21g	<b>Folacin (mcg):</b>	31mcg
<b>Saturated Fat (g):</b>	8g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	6g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	5g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	239mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	7g		
<b>Dietary Fiber (g):</b>	trace		
<b>Protein (g):</b>	10g		
<b>Sodium (mg):</b>	430mg		
<b>Potassium (mg):</b>	139mg		
<b>Calcium (mg):</b>	120mg		
<b>Iron (mg):</b>	1mg		
<b>Zinc (mg):</b>	1mg		
<b>Vitamin C (mg):</b>	trace		
<b>Vitamin A (i.u.):</b>	699IU		
<b>Vitamin A (r.e.):</b>	173 1/2RE		

**Food Exchanges**

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

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

**Calories** 258                      **Calories from Fat:** 190

**% Daily Values\***

<b>Total Fat</b> 21g	33%
Saturated Fat 8g	38%
<b>Cholesterol</b> 239mg	80%
<b>Sodium</b> 430mg	18%
<b>Total Carbohydrates</b> 7g	2%
Dietary Fiber trace	1%
<b>Protein</b> 10g	
<b>Vitamin A</b>	14%
<b>Vitamin C</b>	1%
<b>Calcium</b>	12%
<b>Iron</b>	6%

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