

Avocado with Shrimp Remoulade

Mrs. Neel Garland

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 8

1/4 cup tarragon vinegar
2 tablespoons horseradish mustard
1 tablespoon ketchup
1 1/2 teaspoons paprika
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
1/2 cup salad oil
1/4 cup celery, minced
1/4 cup green onions, minced
2 pounds shrimp, cooked and peeled
4 medium avocados

In a small bowl, combine the vinegar, mustard, ketchup, paprika, salt and pepper.

Slowly add the oil, beating constantly with an electric mixer. Stir in the celery and onions. Pour the sauce over the shrimp.

Marinate for four to five hours in the refrigerator.

Halve and peel the avocados. Lift the shrimp out of the sauce and arrange on each avocado half. Pass the sauce.

(Good luncheon dish. Served with chilled asparagus, carrot strips, sliced beets and hard-cooked eggs. Can also be served as an appetizer with toothpicks.)

Per Serving (excluding unknown items): 412 Calories; 31g Fat (66.4% calories from fat); 25g Protein; 10g Carbohydrate; 3g Dietary Fiber; 173mg Cholesterol; 394mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1/2 Fruit; 6 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	412	Vitamin B6 (mg):	.3mg
% Calories from Fat:	66.4%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	9.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	23.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	31g	Folacin (mcg):	70mcg
Saturated Fat (g):	4g	Niacin (mg):	5mg
Monounsaturated Fat (g):	18g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	6g
Cholesterol (mg):	173mg
Carbohydrate (g):	10g
Dietary Fiber (g):	3g
Protein (g):	25g
Sodium (mg):	394mg
Potassium (mg):	865mg
Calcium (mg):	80mg
Iron (mg):	4mg
Zinc (mg):	2mg
Vitamin C (mg):	12mg
Vitamin A (i.u.):	1139IU
Vitamin A (r.e.):	154 1/2RE

Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	6
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 412	Calories from Fat: 274
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% Daily Values*

Total Fat 31g	48%
Saturated Fat 4g	21%
Cholesterol 173mg	58%
Sodium 394mg	16%
Total Carbohydrates 10g	3%
Dietary Fiber 3g	12%
Protein 25g	
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Vitamin A	23%
Vitamin C	19%
Calcium	8%
Iron	22%

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