

Shrimp Remoulade

Mrs. James F. Fargason - Gulfport, MS
River Road Recipes II (1976) - The Junior League, Baton Rouge, LA

Yield: 2 1/2 cups

4 tablespoons horseradish mustard
1/2 cup tarragon vinegar
2 tablespoons ketchup
1 tablespoon paprika
1/2 teaspoon cayenne pepper
1 teaspoon salt
1 clove garlic
1 cup salad oil
1/2 cup green onions (including tops),
finely minced
1/2 cup celery, finely minced

In a blender, mix all of the ingredients.

Pour over cooked shrimp.

(For exceptional taste, the shrimp should
marinate for at least 4 to 5 hours.)

Serve cold on a lettuce bed.

Per Serving (excluding unknown
items): 2066 Calories; 222g Fat
(93.8% calories from fat); 6g
Protein; 27g Carbohydrate; 5g
Dietary Fiber; 0mg Cholesterol;
3445mg Sodium. Exchanges: 1/2
Grain(Starch); 0 Lean Meat; 1/2
Vegetable; 44 1/2 Fat; 1 1/2 Other
Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	2066
% Calories from Fat:	93.8%
% Calories from Carbohydrates:	5.1%
% Calories from Protein:	1.0%
Total Fat (g):	222g
Saturated Fat (g):	26g
Monounsaturated Fat (g):	131g
Polyunsaturated Fat (g):	48g
Cholesterol (mg):	0mg
Carbohydrate (g):	27g
Dietary Fiber (g):	5g
Protein (g):	6g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	35mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0

Sodium (mg): 3445mg
Potassium (mg): 722mg
Calcium (mg): 130mg
Iron (mg): 4mg
Zinc (mg): 1mg
Vitamin C (mg): 15mg
Vitamin A (i.u.): 4935IU
Vitamin A (r.e.): 492 1/2RE

Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 44 1/2
Other Carbohydrates: 1 1/2

Nutrition Facts

Amount Per Serving

Calories	2066	Calories from Fat: 1938
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% Daily Values*

Total Fat	222g	342%
Saturated Fat	26g	128%
Cholesterol	0mg	0%
Sodium	3445mg	144%
Total Carbohydrates	27g	9%
Dietary Fiber	5g	20%
Protein	6g	
Vitamin A		99%
Vitamin C		25%
Calcium		13%
Iron		24%

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