

Shrimp Casserole

Rhoma Krischke

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

1 cup cooked rice
1/2 onion, chopped
1 green pepper, chopped
2 cans mushroom soup, undiluted
2 cups grated cheese
2 pounds shrimp, cooked
4 tablespoons butter
2 teaspoons lemon juice
parsley
garlic salt (to taste)

Preheat the oven to 350 degrees.

Cook the rice and shrimp separately.

Saute' the onion and pepper in butter. Add the soup, lemon juice, salt, pepper and garlic salt. Mix well. Add the rice, shrimp and parsley.

Pour the mixture into a buttered casserole. Sprinkle the grated cheese on top.

Bake for about 30 minutes.

Per Serving (excluding unknown items): 2836 Calories; 155g Fat (50.2% calories from fat); 251g Protein; 94g Carbohydrate; 5g Dietary Fiber; 1747mg Cholesterol; 4989mg Sodium. Exchanges: 4 1/2 Grain(Starch); 33 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 22 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	2836
% Calories from Fat:	50.2%
% Calories from Carbohydrates:	13.6%
% Calories from Protein:	36.2%
Total Fat (g):	155g
Saturated Fat (g):	83g
Monounsaturated Fat (g):	40g
Polyunsaturated Fat (g):	18g
Cholesterol (mg):	1747mg
Carbohydrate (g):	94g
Dietary Fiber (g):	5g

Vitamin B6 (mg):	2.3mg
Vitamin B12 (mcg):	11.1mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	226mcg
Niacin (mg):	28mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	4 1/2
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Protein (g): 251g
Sodium (mg): 4989mg
Potassium (mg): 2500mg
Calcium (mg): 2257mg
Iron (mg): 25mg
Zinc (mg): 18mg
Vitamin C (mg): 135mg
Vitamin A (i.u.): 6524IU
Vitamin A (r.e.): 1716RE

Lean Meat: 33 1/2
Vegetable: 2
Fruit: 0
Non-Fat Milk: 0
Fat: 22 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2836 Calories from Fat: 1425

% Daily Values*

Total Fat	155g	239%
Saturated Fat	83g	415%
Cholesterol	1747mg	582%
Sodium	4989mg	208%
Total Carbohydrates	94g	31%
Dietary Fiber	5g	19%
Protein	251g	
Vitamin A		130%
Vitamin C		224%
Calcium		226%
Iron		138%

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