

# Baked Stuffed Shrimp

Publick House - Sturbridge, MA  
The Great Country Inns of America Cookbook (2nd ed) (1992)

## Servings: 2

6 jumbo shrimp (with tails left on),  
peeled, and deveined  
1/2 cup scallops, finely chopped  
BREAD STUFFING (for 8 to  
10 shrimp)  
4 cups fresh bread crumbs, coarsely  
chopped  
4 tablespoons freshly grated Romano  
cheese  
1/4 cup sherry wine  
2 teaspoons paprika  
3 tablespoons finely crushed potato  
chips  
4 tablespoons butter, melted  
LEMON BUTTER  
1/2 cup butter, browned  
juice of two lemons  
1/2 teaspoon salt  
1/2 teaspoon Worcestershire sauce

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Make the Bread Stuffing: In a bowl, combine all  
the ingredients. Mix well. Set aside.

Make the Lemon Butter: In a bowl, combine all  
of the ingredients. Mix well. Set aside.

Preheat the oven to 350 degrees.

Split the shrimp through the center and wash  
thoroughly.

Place approximately one teaspoon of the finely  
chopped scallops in each shrimp, using a total of  
1/2 cup.

Top with bread stuffing. Place the shrimp in a  
baking pan with just a little water to prevent the  
shrimp from drying.

Bake for 20 minutes.

Sprinkle with the lemon butter before serving.

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Per Serving (excluding unknown  
items): 910 Calories; 73g Fat  
(71.4% calories from fat); 18g  
Protein; 47g Carbohydrate; 3g  
Dietary Fiber; 207mg Cholesterol;  
1828mg Sodium. Exchanges: 3  
Grain(Starch); 1 1/2 Lean Meat; 14  
1/2 Fat; 0 Other Carbohydrates.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	910	Vitamin B6 (mg):	.1mg
% Calories from Fat:	71.4%	Vitamin B12 (mcg):	1.0mcg

% Calories from Carbohydrates: 20.6%  
 % Calories from Protein: 8.0%  
 Total Fat (g): 73g  
 Saturated Fat (g): 44g  
 Monounsaturated Fat (g): 21g  
 Polyunsaturated Fat (g): 4g  
 Cholesterol (mg): 207mg  
 Carbohydrate (g): 47g  
 Dietary Fiber (g): 3g  
 Protein (g): 18g  
 Sodium (mg): 1828mg  
 Potassium (mg): 384mg  
 Calcium (mg): 141mg  
 Iron (mg): 4mg  
 Zinc (mg): 1mg  
 Vitamin C (mg): 6mg  
 Vitamin A (i.u.): 4026IU  
 Vitamin A (r.e.): 792RE

Thiamin B1 (mg): .4mg  
 Riboflavin B2 (mg): .4mg  
 Folic Acid (mcg): 45mcg  
 Niacin (mg): 5mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Daily Value

## Food Exchanges

Grain (Starch): 3  
 Lean Meat: 1 1/2  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 14 1/2  
 Other Carbohydrates: 0

## Nutrition Facts

Servings per Recipe: 2

### Amount Per Serving

Calories 910      Calories from Fat: 649

### % Daily Values\*

**Total Fat** 73g 112%  
     Saturated Fat 44g 219%  
**Cholesterol** 207mg 69%  
**Sodium** 1828mg 76%  
**Total Carbohydrates** 47g 16%  
     Dietary Fiber 3g 10%  
**Protein** 18g

**Vitamin A** 81%  
**Vitamin C** 9%  
**Calcium** 14%  
**Iron** 20%

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