

# Broiled Shrimp

Mrs. Benjamin B. Edwards

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

## Servings: 4

2 pounds shrimp  
1/2 cup margarine  
3 tablespoons lemon juice  
2 tablespoons Worcestershire sauce  
1 tablespoon Jamaican Choice  
Tropical or Pickapeppa hot sauce  
1/4 teaspoon red pepper  
1/2 teaspoon salt

Wash, peel and devein the shrimp.

In a saucepan, melt the margarine. Add the lemon juice, Worcestershire sauce, pepper sauce, red pepper and salt. Let simmer for 5 or 10 minutes.

Place the shrimp in a 13x9x2-inch baking dish. Pour the sauce over the shrimp.

Place the baking dish on the next to lowest rack in the oven.

Broil for 20 minutes, turning the shrimp every 5 minutes.

Serve the shrimp in the gravy with plenty of hot French bread for "dunking".

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Per Serving (excluding unknown items): 453 Calories; 27g Fat (54.1% calories from fat); 46g Protein; 4g Carbohydrate; trace Dietary Fiber; 345mg Cholesterol; 943mg Sodium. Exchanges: 6 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	453	Vitamin B6 (mg):	trace
% Calories from Fat:	54.1%	Vitamin B12 (mcg):	2.3mcg
% Calories from Carbohydrates:	4.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	41.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	27g	Folacin (mcg):	9mcg
Saturated Fat (g):	4g	Niacin (mg):	6mg

**Monounsaturated Fat (g):** 11g  
**Polyunsaturated Fat (g):** 8g  
**Cholesterol (mg):** 345mg  
**Carbohydrate (g):** 4g  
**Dietary Fiber (g):** trace  
**Protein (g):** 46g  
**Sodium (mg):** 943mg  
**Potassium (mg):** 506mg  
**Calcium (mg):** 137mg  
**Iron (mg):** 6mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 24mg  
**Vitamin A (i.u.):** 1439IU  
**Vitamin A (r.e.):** 352RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 6 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 4 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 453 **Calories from Fat:** 245

### % Daily Values\*

<b>Total Fat</b>	27g	41%
Saturated Fat	4g	22%
<b>Cholesterol</b>	345mg	115%
<b>Sodium</b>	943mg	39%
<b>Total Carbohydrates</b>	4g	1%
Dietary Fiber	trace	0%
<b>Protein</b>	46g	
<b>Vitamin A</b>		29%
<b>Vitamin C</b>		40%
<b>Calcium</b>		14%
<b>Iron</b>		32%

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