

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".

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
% Refused: 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*

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

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