

Shrimp Dijonaise

Mrs. Rodger Giles - Augusta, GA
Southern Living - 1987 Annual Recipes

Servings: 2

3/4 pound unpeeled large fresh shrimp
1/2 cup lemon juice
1/4 cup butter or margarine, melted
2 tablespoons vegetable oil
2 tablespoons Dijon mustard
1 tablespoon Worcestershire sauce
8 to 10 cloves garlic, minced

Peel the shrimp, leaving the tails intact. Devein. Set aside.

In a shallow glass container, combine the lemon juice, butter, oil, mustard, Worcestershire and garlic. Add the shrimp.

Cover and refrigerate for four hours.

Place the shrimp on a lightly greased broiler pan.

Broil four inches from the heat for 4 minutes or until the shrimp are done.

The shrimp may be baked at 450 degrees for 3 to 4 minutes instead of broiling.

Per Serving (excluding unknown items): 374 Calories; 37g Fat (86.0% calories from fat); 2g Protein; 12g Carbohydrate; 1g Dietary Fiber; 62mg Cholesterol; 498mg Sodium. Exchanges: 0 Lean Meat; 1 Vegetable; 1/2 Fruit; 7 1/2 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 374 |
| % Calories from Fat: | 86.0% |
| % Calories from Carbohydrates: | 11.8% |
| % Calories from Protein: | 2.1% |
| Total Fat (g): | 37g |
| Saturated Fat (g): | 16g |
| Monounsaturated Fat (g): | 15g |
| Polyunsaturated Fat (g): | 4g |
| Cholesterol (mg): | 62mg |
| Carbohydrate (g): | 12g |
| | 1g |

| | |
|---------------------|-------|
| Vitamin B6 (mg): | .2mg |
| Vitamin B12 (mcg): | trace |
| Thiamin B1 (mg): | trace |
| Riboflavin B2 (mg): | trace |
| Folacin (mcg): | 10mcg |
| Niacin (mg): | trace |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Daily Value* | 0 0% |

Food Exchanges

0
1

Dietary Fiber (g):
 Protein (g): 2g
 Sodium (mg): 498mg
 Potassium (mg): 211mg
 Calcium (mg): 53mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): 45mg
 Vitamin A (i.u.): 887IU
 Vitamin A (r.e.): 218 1/2RE

Grain (Starch):
 Lean Meat: 0
 Vegetable: 1
 Fruit: 1/2
 Non-Fat Milk: 0
 Fat: 7 1/2
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 374 **Calories from Fat:** 322

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | 37g | 57% |
| Saturated Fat | 16g | 80% |
| Cholesterol | 62mg | 21% |
| Sodium | 498mg | 21% |
| Total Carbohydrates | 12g | 4% |
| Dietary Fiber | 1g | 4% |
| Protein | 2g | |

| | |
|------------------|-----|
| Vitamin A | 18% |
| Vitamin C | 75% |
| Calcium | 5% |
| Iron | 6% |

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