

Country Italian Shrimp with Sausage

*The Mansion of Golconda - Golconda, IL
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 6

*1 pound Italian sausage (preferably hot), casing removed
1 green bell pepper, chopped
1 red bell pepper OR 1/2 pimiento, chopped
1/2 cup onion, sliced
4 tablespoons green onion, shredded
1/2 pound mushrooms, sliced
2 tablespoons butter
2 tablespoons olive oil
3 pounds shrimp (16 to 20 count), shelled and deveined
1 tablespoon garlic, finely chopped
2 pounds fettuccine, cooked al dente, drained, tossed with butter
1 cup Parmesan cheese, grated
8 ounces mozzarella cheese, shredded*

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In a skillet, saute' the sausage, peppers, onion, green onions and mushrooms until the pink is gone from the sausage and the vegetables are crisp-tender. Set aside.

In the same skillet, melt the butter, heat the olive oil, and add the shrimp and garlic. Saute' until the shrimp are just cooked through.

In a large bowl, place the fettuccine, Parmesan, mozzarella, sausage and vegetable mixture and shrimp (including the butter and olive oil). Toss until well combined.

Per Serving (excluding unknown items): 278 Calories; 22g Fat (69.8% calories from fat); 15g Protein; 6g Carbohydrate; 1g Dietary Fiber; 55mg Cholesterol; 447mg Sodium. Exchanges: 2 Lean Meat; 1 Vegetable; 3 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	278	Vitamin B6 (mg):	.1mg
% Calories from Fat:	69.8%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	8.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	21.3%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	22g	Folacin (mcg):	21mcg

Saturated Fat (g): 11g
Monounsaturated Fat (g): 8g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 55mg
Carbohydrate (g): 6g
Dietary Fiber (g): 1g
Protein (g): 15g
Sodium (mg): 447mg
Potassium (mg): 252mg
Calcium (mg): 414mg
Iron (mg): 1mg
Zinc (mg): 2mg
Vitamin C (mg): 21mg
Vitamin A (i.u.): 720IU
Vitamin A (r.e.): 180 1/2RE

Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 278 **Calories from Fat:** 194

% Daily Values*

Total Fat	22g	34%
Saturated Fat	11g	57%
Cholesterol	55mg	18%
Sodium	447mg	19%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	5%
Protein	15g	
Vitamin A		14%
Vitamin C		35%
Calcium		41%
Iron		5%

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