

Creamy Shrimp

Gourmet Eating in South Carolina - (1985)

1 pound raw shrimp, cooked, peeled and deveined

2 - 3 tablespoons margarine

1 tablespoon onion, minced

3/4 cup white wine

SAUCE

3 tablespoons margarine

3 tablespoons flour

2 teaspoons lemon juice

1/2 teaspoon salt

1 1/2 cups milk

1 1/2 teaspoons chopped fresh dill

OR 3/4 teaspoon dried dill

In a saucepan, saute' the shrimp and onion in margarine. Add the wine and cook for 5 minutes.

Make the sauce: In a saucepan, melt the margarine over low heat. Add the flour and stir until well mixed. Gradually add the milk and stir briskly until thickened and smooth. Add the lemon juice, salt, dill and shrimp-onion mixture. Mix well. Slowly cook about 5 minutes more.

Serve over rice, egg noodles or green

Per Serving (excluding unknown items): 1351 Calories; 115g Fat (82.4% calories from fat); 16g Protein; 39g Carbohydrate; 1g Dietary Fiber; 50mg Cholesterol; 2454mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 0 Fruit; 1 1/2 Non-Fat Milk; 22 1/2 Fat.

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Seafood

Per Serving Nutritional Analysis

Calories (kcal):	1351
% Calories from Fat:	82.4%
% Calories from Carbohydrates:	12.5%
% Calories from Protein:	5.1%
Total Fat (g):	115g
Saturated Fat (g):	25g
Monounsaturated Fat (g):	53g
Polyunsaturated Fat (g):	31g
Cholesterol (mg):	50mg
Carbohydrate (g):	39g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.4mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.7mg
Folacin (mcg):	29mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	120
% Refuse:	0.00%

Food Exchanges

Dietary Fiber (g): 1g
 Protein (g): 16g
 Sodium (mg): 2454mg
 Potassium (mg): 803mg
 Calcium (mg): 504mg
 Iron (mg): 2mg
 Zinc (mg): 2mg
 Vitamin C (mg): 9mg
 Vitamin A (i.u.): 5003IU
 Vitamin A (r.e.): 1155RE

Grain (Starch): 1
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 1 1/2
 Fat: 22 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1351 Calories from Fat: 1113

% Daily Values*

Total Fat	115g	177%
Saturated Fat	25g	127%
Cholesterol	50mg	17%
Sodium	2454mg	102%
Total Carbohydrates	39g	13%
Dietary Fiber	1g	4%
Protein	16g	

Vitamin A	100%
Vitamin C	15%
Calcium	50%
Iron	10%

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