

Shrimp a la Parisienne

*Philadelphia Cream Cheese Favorite Recipes (1988)
1988 Kraft Inc.*

Servings: 4

2 tablespoons margarine, melted
1 pound cleaned shrimp
2 cups mushroom slices
2 tablespoons green onion, sliced
1 package (8 ounce) cream cheese,
cubed
1/4 cup milk
1/2 cup (2 ounces) Swiss cheese,
shredded
3 tablespoons dry white wine
2 tablespoons dry bread crumbs

Reserve two teaspoons of melted margarine.
Saute' the shrimp in the remaining margarine for
3 to 5 minutes or until pink. Add the mushrooms
and onions. Cook until tender.

Remove the shrimp and mushrooms from the
pan with a slotted spoon. Add the cream cheese
and milk to the pan. Stir over low heat until
smooth.

Add the Swiss cheese and wine. Stir until the
cheese is melted. Return the shrimp mixture to
the pan. Mix lightly. Spoon into four lightly
greased four-ounce baking dishes. Combine the
reserved margarine and bread crumbs. Sprinkle
over the shrimp mixture.

Broil for 1 to 2 minutes or until golden brown.

*Substitute one one-quart casserole for
four individual baking dishes.*

Per Serving (excluding unknown
items): 338 Calories; 30g Fat
(82.1% calories from fat); 9g
Protein; 6g Carbohydrate; trace
Dietary Fiber; 79mg Cholesterol;
312mg Sodium. Exchanges: 0
Grain(Starch); 1 Lean Meat; 0
Vegetable; 0 Non-Fat Milk; 5 1/2
Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	338	Vitamin B6 (mg):	trace
% Calories from Fat:	82.1%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	6.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.3%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	30g	Folacin (mcg):	12mcg
Saturated Fat (g):	17g	Niacin (mg):	trace
			0mg

Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	79mg
Carbohydrate (g):	6g
Dietary Fiber (g):	trace
Protein (g):	9g
Sodium (mg):	312mg
Potassium (mg):	136mg
Calcium (mg):	214mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	1230IU
Vitamin A (r.e.):	349RE

Caffeine (mg):	8
Alcohol (kcal):	0
% Refuse:	0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	5 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	338	Calories from Fat: 277
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% Daily Values*

Total Fat	30g	47%
Saturated Fat	17g	83%
Cholesterol	79mg	26%
Sodium	312mg	13%
Total Carbohydrates	6g	2%
Dietary Fiber	trace	1%
Protein	9g	
Vitamin A		25%
Vitamin C		1%
Calcium		21%
Iron		6%

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