

# Shrimp Creole II

*Sara F Patterson, Nancy F Holley & Cleo F Long  
Three Sisters Cookbook - Alexander City, AL*

## Servings: 6

*1 tablespoon margarine  
2 cloves garlic, chopped  
2/3 cup celery, chopped  
1 large onion  
1 medium bell pepper  
1/2 cup olive oil  
1 large can stewed Spanish tomatoes  
2 cans (6 ounce ea) tomato paste  
1 cup water  
1 teaspoon sugar  
2 teaspoons Worcestershire sauce  
1/2 teaspoon Tabasco sauce  
salt (to taste)  
pepper (to taste)  
2 1/2 pounds raw cleaned shrimp*

In a heavy skillet, saute' the garlic, celery, onion and bell pepper in the olive oil until the onion begins to turn. Do not brown.

Add the tomatoes, tomato paste, water, sugar, Worcestershire, Tabasco, salt and pepper. Bring the mixture to a good boil. Simmer for three hours.

Add the shrimp. Boil for 10 minutes.

Must be served with rice.

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Per Serving (excluding unknown items): 232 Calories; 20g Fat (74.8% calories from fat); 2g Protein; 13g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 399mg Sodium. Exchanges: 2 1/2 Vegetable; 4 Fat; 0 Other Carbohydrates.

## Seafood

### Per Serving Nutritional Analysis

Calories (kcal):	232	Vitamin B6 (mg):	.3mg
% Calories from Fat:	74.8%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	21.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	20g	Folacin (mcg):	21mcg
Saturated Fat (g):	3g	Niacin (mg):	2mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0

<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	13g
<b>Dietary Fiber (g):</b>	3g
<b>Protein (g):</b>	2g
<b>Sodium (mg):</b>	399mg
<b>Potassium (mg):</b>	530mg
<b>Calcium (mg):</b>	31mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	42mg
<b>Vitamin A (i.u.):</b>	1299IU
<b>Vitamin A (r.e.):</b>	140 1/2RE

% Daily Values      0 0%

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	2 1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	4
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 232      **Calories from Fat:** 173

### % Daily Values\*

<b>Total Fat</b> 20g	31%
Saturated Fat 3g	14%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 399mg	17%
<b>Total Carbohydrates</b> 13g	4%
Dietary Fiber 3g	11%
<b>Protein</b> 2g	

<b>Vitamin A</b>	26%
<b>Vitamin C</b>	70%
<b>Calcium</b>	3%
<b>Iron</b>	7%

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