

Shrimp Creole IV

Gourmet Eating in South Carolina - (1985)

3 pounds small raw shrimp, peeled and deveined

1/3 cup cooking oil

1 cup celery, chopped

1 cup green pepper, chopped

2 cups onions, chopped

2 teaspoons garlic, finely chopped

2 cups whole tomatoes, mashed

1/4 teaspoon red pepper

1 teaspoon salt

1 bay leaf

3 cups water

In a saucepan, heat the oil. Add the celery, green pepper, garlic and onions. Saute' until tender.

Add the tomatoes, water, red pepper, salt and bay leaf. Simmer for 30 minutes allowing some of the liquid to evaporate.

Add the shrimp. Simmer for 15 minutes.

Serve over hot steamed rice.

Per Serving (excluding unknown items): 901 Calories; 74g Fat (70.6% calories from fat); 9g Protein; 60g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 2303mg Sodium. Exchanges: 10 1/2 Vegetable; 14 1/2 Fat.

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Seafood

Per Serving Nutritional Analysis

Calories (kcal):	901
% Calories from Fat:	70.6%
% Calories from Carbohydrates:	25.5%
% Calories from Protein:	3.9%
Total Fat (g):	74g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	18g
Polyunsaturated Fat (g):	43g
Cholesterol (mg):	0mg
Carbohydrate (g):	60g
Dietary Fiber (g):	15g

Vitamin B6 (mg):	1.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	181mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
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Protein (g): 9g
Sodium (mg): 2303mg
Potassium (mg): 1933mg
Calcium (mg): 182mg
Iron (mg): 4mg
Zinc (mg): 1mg
Vitamin C (mg): 234mg
Vitamin A (i.u.): 3395IU
Vitamin A (r.e.): 337 1/2RE

Lean Meat: 0
Vegetable: 10 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 14 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 901 Calories from Fat: 636

% Daily Values*

Total Fat	74g	114%
Saturated Fat	10g	48%
Cholesterol	0mg	0%
Sodium	2303mg	96%
Total Carbohydrates	60g	20%
Dietary Fiber	15g	58%
Protein	9g	
Vitamin A		68%
Vitamin C		389%
Calcium		18%
Iron		20%

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