

# Shrimp Curry

Mrs. Bert S. Turner

River Road Recipes II (1976) - The Junior League, Baton Rouge, LA

## Servings: 4

1/3 cup butter  
1/2 cup onions, chopped  
2 cloves garlic, minced  
2 cups sour cream  
2 teaspoons lemon juice  
2 teaspoons curry powder  
3/4 teaspoon salt  
1/2 teaspoon ginger  
dash pepper  
3 cups (about 2 pounds) shrimp,  
boiled and peeled

In a skillet, melt the butter. Add the onions and garlic. Cook about 3 minutes.

Stir in the sour cream, lemon juice, curry powder, salt, ginger, pepper and shrimp. Cook over medium heat, stirring, until thoroughly heated.

Serve over rice accompanied by the usual curry condiments (chutney, coconut, almonds, etc.).

Per Serving (excluding unknown items): 400 Calories; 40g Fat (87.0% calories from fat); 5g Protein; 8g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 624mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 8 Fat.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	400
% Calories from Fat:	87.0%
% Calories from Carbohydrates:	8.0%
% Calories from Protein:	5.1%
Total Fat (g):	40g
Saturated Fat (g):	24g
Monounsaturated Fat (g):	11g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	99mg
Carbohydrate (g):	8g
Dietary Fiber (g):	1g
Protein (g):	5g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	19mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0

**Sodium (mg):** 624mg  
**Potassium (mg):** 238mg  
**Calcium (mg):** 155mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 1500IU  
**Vitamin A (r.e.):** 418RE

**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 8  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 400 Calories from Fat: 348

### % Daily Values\*

<b>Total Fat</b>	40g	61%
Saturated Fat	24g	122%
<b>Cholesterol</b>	99mg	33%
<b>Sodium</b>	624mg	26%
<b>Total Carbohydrates</b>	8g	3%
Dietary Fiber	1g	3%
<b>Protein</b>	5g	
<b>Vitamin A</b>		30%
<b>Vitamin C</b>		7%
<b>Calcium</b>		16%
<b>Iron</b>		3%

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