

Shrimp Etoufe'e

Mrs. Irene S. Liberman

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

Servings: 8

4 pounds shrimp
1 bunch green onions, finely minced
3 medium onions, finely minced
2 cloves garlic, finely minced
3/4 cup parsley, finely minced
1/2 cup margarine
1 1/2 tablespoons tomato paste
3 1/2 teaspoons salt
Tabasco sauce (to taste)
flour or cornstarch

Peel and devein the shrimp.

In a saucepan, saute' the onions, garlic and parsley in butter until soft, do not brown.

Add the tomato paste. Stir well and cook for a few minutes.

Add the shrimp and seasonings. Cook for about 20 minutes. Thicken slightly with a little flour or cornstarch.

Per Serving (excluding unknown items): 364 Calories; 15g Fat (39.1% calories from fat); 47g Protein; 7g Carbohydrate; 1g Dietary Fiber; 345mg Cholesterol; 1431mg Sodium. Exchanges: 6 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	364
% Calories from Fat:	39.1%
% Calories from Carbohydrates:	7.8%
% Calories from Protein:	53.1%
Total Fat (g):	15g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	345mg
Carbohydrate (g):	7g
	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	2.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	25mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

0
1

Dietary Fiber (g):
 Protein (g): 47g
 Sodium (mg): 1431mg
 Potassium (mg): 559mg
 Calcium (mg): 148mg
 Iron (mg): 6mg
 Zinc (mg): 2mg
 Vitamin C (mg): 17mg
 Vitamin A (i.u.): 1288IU
 Vitamin A (r.e.): 273RE

Grain (Starch):
 Lean Meat: 6 1/2
 Vegetable: 1
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 2 1/2
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 364 **Calories from Fat:** 142

% Daily Values*

Total Fat	15g	24%
Saturated Fat	2g	12%
Cholesterol	345mg	115%
Sodium	1431mg	60%
Total Carbohydrates	7g	2%
Dietary Fiber	1g	4%
Protein	47g	

Vitamin A	26%
Vitamin C	28%
Calcium	15%
Iron	32%

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