

Shrimp OR Crabmeat Stroganoff

Patricia Trayer
Gourmet Eating in South Carolina - (1985)

Servings: 4

3 tablespoons butter
1/2 cup onion, chopped
1 small clove garlic, minced
1/4 cup flour
1 teaspoon salt
1/2 teaspoon dill weed
1 can condensed beef broth
1 can (2 ounce) sliced mushrooms
2 cups shrimp (cooked and cleaned)
OR one pound crabmeat
1 cup sour cream, room temperature

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In a large skillet, melt the butter. Saute' the onion and garlic until tender. Stir in the flour, salt and dill weed. Remove from the heat.

Gradually stir in the beef broth and mushrooms with liquid. Cook over medium heat, stirring constantly, until thickened. Add the shrimp or crabmeat. Simmer over low heat for 5 to 10 minutes.

Stir in the sour cream. Heat to serving temperature (do not boil).

Serve over saffron or yellow rice.

Per Serving (excluding unknown items): 241 Calories; 21g Fat (76.2% calories from fat); 3g Protein; 11g Carbohydrate; 1g Dietary Fiber; 49mg Cholesterol; 653mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 4 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	241
% Calories from Fat:	76.2%
% Calories from Carbohydrates:	18.3%
% Calories from Protein:	5.5%
Total Fat (g):	21g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	49mg
Carbohydrate (g):	11g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	16mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Dietary Fiber (g): 1g
 Protein (g): 3g
 Sodium (mg): 653mg
 Potassium (mg): 197mg
 Calcium (mg): 83mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): 3mg
 Vitamin A (i.u.): 787IU
 Vitamin A (r.e.): 217 1/2RE

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 241 Calories from Fat: 184

% Daily Values*

Total Fat 21g 32%
 Saturated Fat 13g 64%
Cholesterol 49mg 16%
Sodium 653mg 27%
Total Carbohydrates 11g 4%
 Dietary Fiber 1g 3%
Protein 3g

Vitamin A 16%
Vitamin C 4%
Calcium 8%
Iron 4%

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