

# Shrimp Scampi

*Gourmet Eating in South Carolina - (1985)*

*1 pound shrimp, cleaned and deveined  
2 cloves garlic, minced  
1/2 teaspoon salt  
1/8 teaspoon basil  
1/8 teaspoon oregano  
1/4 cup butter or margarine  
3 tablespoons olive oil  
1/2 cup parsley, coarsely chopped  
Parmesan cheese  
freshly ground black pepper*

In a bowl, blend the garlic, salt, basil and oregano.

In a skillet, heat the butter, olive oil and garlic mixture. When very hot, add the shrimp. Cook until firm and pink, about 3 minutes.

Serve over pasta or cooked rice.

Sprinkle with Parmesan and black pepper.

---

Per Serving (excluding unknown items): 1267 Calories; 94g Fat (67.7% calories from fat); 93g Protein; 8g Carbohydrate; 1g Dietary Fiber; 814mg Cholesterol; 2224mg Sodium. Exchanges: 0 Grain(Starch); 13 Lean Meat; 1/2 Vegetable; 17 1/2 Fat.

Copyright: Hope Center for the Retarded, Inc. - Charleston, SC

Seafood

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	1267
<b>% Calories from Fat:</b>	67.7%
<b>% Calories from Carbohydrates:</b>	2.5%
<b>% Calories from Protein:</b>	29.8%
<b>Total Fat (g):</b>	94g
<b>Saturated Fat (g):</b>	35g
<b>Monounsaturated Fat (g):</b>	44g
<b>Polyunsaturated Fat (g):</b>	8g
<b>Cholesterol (mg):</b>	814mg
<b>Carbohydrate (g):</b>	8g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	93g
<b>Sodium (mg):</b>	2224mg

<b>Vitamin B6 (mg):</b>	.1mg
<b>Vitamin B12 (mcg):</b>	4.6mcg
<b>Thiamin B1 (mg):</b>	trace
<b>Riboflavin B2 (mg):</b>	trace
<b>Folacin (mcg):</b>	62mcg
<b>Niacin (mg):</b>	12mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	0.0%

---

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	13
<b>Vegetable:</b>	1/2

**Potassium (mg):** 1054mg  
**Calcium (mg):** 316mg  
**Iron (mg):** 13mg  
**Zinc (mg):** 5mg  
**Vitamin C (mg):** 51mg  
**Vitamin A (i.u.):** 4140IU  
**Vitamin A (r.e.):** 833 1/2RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 17 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 1267                      **Calories from Fat:** 857

### % Daily Values\*

<b>Total Fat</b> 94g	145%
Saturated Fat 35g	174%
<b>Cholesterol</b> 814mg	271%
<b>Sodium</b> 2224mg	93%
<b>Total Carbohydrates</b> 8g	3%
Dietary Fiber 1g	5%
<b>Protein</b> 93g	
<b>Vitamin A</b>	83%
<b>Vitamin C</b>	85%
<b>Calcium</b>	32%
<b>Iron</b>	72%

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