

Shrimp Suzanne with Dill

*Chalet Suzanne - Lake Wales, FL
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 4

*1/2 cup sour cream
1/2 cup mayonnaise
1/2 cup cucumber, peeled, seeded and
grated
1/3 cup onion, minced
1 1/2 tablespoons fresh dill, chopped
1 1/2 teaspoons fresh lemon juice
garlic (to taste)
salt (to taste)
freshly ground pepper (to taste)
8 drops Tabasco sauce
1/4 teaspoon caraway seeds
1 pound shrimp (25 to 30 count),
cooked, peeled and cleaned
Bibb lettuce*

In a bowl, combine the sour cream, mayonnaise, cucumber, onion, dill, lemon juice, garlic, salt, pepper, Tabasco and caraway seeds to make a sauce.

Stir in the shrimp. Mix well. Chill.

Serve on a bed of Bibb lettuce, either as individual servings or in a lettuce-lined bowl.

Per Serving (excluding unknown items): 266 Calories; 29g Fat (93.7% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 22mg Cholesterol; 173mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 Fat.

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Seafood

Per Serving Nutritional Analysis

Calories (kcal):	266	Vitamin B6 (mg):	.2mg
% Calories from Fat:	93.7%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	4.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	29g	Folacin (mcg):	10mcg
Saturated Fat (g):	7g	Niacin (mg):	trace
	8g	Caffeine (mg):	0mg

Monounsaturated Fat (g):
Polyunsaturated Fat (g): 12g
Cholesterol (mg): 22mg
Carbohydrate (g): 3g
Dietary Fiber (g): trace
Protein (g): 1g
Sodium (mg): 173mg
Potassium (mg): 96mg
Calcium (mg): 44mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 350IU
Vitamin A (r.e.): 88RE

Alcohol (kcal): 0
% Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 266 **Calories from Fat:** 250

% Daily Values*

Total Fat	29g	45%
Saturated Fat	7g	35%
Cholesterol	22mg	7%
Sodium	173mg	7%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	2%
Protein	1g	
Vitamin A		7%
Vitamin C		5%
Calcium		4%
Iron		1%

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