

Spicy Shrimp Nachos II

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Servings: 8

*1 cup chopped mango
1 medium red sweet pepper, chopped
2 tablespoons red onions, finely chopped
1 fresh jalapeno, seeded and finely chopped
2 tablespoons packed brown sugar
2 tablespoons Jamaican jerk seasoning
1 pound uncooked shrimp, peeled and deveined
nonstick cooking spray
8 cups (8 ounces) tortilla chips
4 ounces (cup) Monterey Jack cheese (with jalapeno pepper optional), shredded*

Preparation Time: 30 minutes

Broil: 1 minute

Preheat the broiler.

For The Salsa: In a bowl, stir together the mango, sweet pepper, onion and jalapeno. Set aside.

In a large bowl, stir together the brown sugar and jerk seasoning. Add the shrimp and toss to coat.

Coat a large skillet with cooking spray. Heat over medium-high heat. Cook one-half the shrimp at a time for 1 to 2 minutes on each side or until the shrimp are opaque. Remove and set aside. If desired, coarsely chop the shrimp.

Spread the tortilla chips on a broiler-safe platter or baking sheet. Top with the shrimp and salsa. Sprinkle with cheese.

Broil four inches from the heat for 1 to 2 minutes or until heated through and the cheese is melted.

Per Serving (excluding unknown items): 156 Calories; 7g Fat (41.7% calories from fat); 2g Protein; 21g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 151mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	156	Vitamin B6 (mg):	.1mg
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% Calories from Fat: 41.7%
% Calories from Carbohydrates: 53.3%
% Calories from Protein: 5.0%
Total Fat (g): 7g
Saturated Fat (g): 1g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 21g
Dietary Fiber (g): 2g
Protein (g): 2g
Sodium (mg): 151mg
Potassium (mg): 72mg
Calcium (mg): 47mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 56IU
Vitamin A (r.e.): 5 1/2RE

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

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 156 **Calories from Fat:** 65

% Daily Values*

Total Fat	7g	11%
	Saturated Fat 1g	7%
Cholesterol	0mg	0%
Sodium	151mg	6%
Total Carbohydrates	21g	7%
	Dietary Fiber 2g	8%
Protein	2g	
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Vitamin A		1%
Vitamin C		0%
Calcium		5%
Iron		3%

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