

Spicy Shrimp Nachos

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Servings: 8

1 cup mango, seeded, peeled and chopped
1 medium red sweet pepper, chopped
2 tablespoons red onion, finely chopped
1 fresh jalapeno chile pepper, 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 Monterey Jack cheese with jalapeno peppers OR Monterey Jack cheese, shredded

Preheat the broiler.

To make salsa: In a medium bowl, stir together the mango, sweet pepper, onion and chile pepper. Set aside.

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

Coat a grill pan or large skillet with cooking spray. Heat over medium-high heat. Add half of the shrimp at a time to the pan. Cook 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): 169 Calories; 7g Fat (38.4% calories from fat); 2g Protein; 25g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 152mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	169	Vitamin B6 (mg):	.1mg
% Calories from Fat:	38.4%	Vitamin B12 (mcg):	0mcg

% Calories from Carbohydrates:	56.8%
% Calories from Protein:	4.8%
Total Fat (g):	7g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	25g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	152mg
Potassium (mg):	104mg
Calcium (mg):	49mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	6mg
Vitamin A (i.u.):	859IU
Vitamin A (r.e.):	86RE

Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	7mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refined:	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 169 Calories from Fat: 65

% Daily Values*

Total Fat 7g	12%
Saturated Fat 1g	7%
Cholesterol 0mg	0%
Sodium 152mg	6%
Total Carbohydrates 25g	8%
Dietary Fiber 2g	9%
Protein 2g	
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Vitamin A	17%
Vitamin C	10%
Calcium	5%
Iron	3%

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