

Shrimp Guacamole

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1/4 pound peeled shrimp
olive oil
salt (to taste)
cumin (to taste)
3 avocados
1/4 cup white onion, diced
zest of one orange
segments of one orange, chopped
1/2 cup plum tomato, diced
1/2 cup cilantro, chopped
1 jalapeno, seeded and diced
lime juice (to taste)
salt (to taste)

In a skillet, saute' the shrimp, salt (to taste), and cumin (to taste) for 3 to 4 minutes. Remove the shrimp and chop. Set aside.

In a bowl, mash the avocados.

Stir in the white onion, shrimp, orange zest, chopped orange segments, plum tomato, cilantro and jalapeno.

Add the lime juice and salt to taste.

Per Serving (excluding unknown items): 1049 Calories; 93g Fat (73.2% calories from fat); 16g Protein; 60g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 100mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fruit; 18 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1049
% Calories from Fat:	73.2%
% Calories from Carbohydrates:	21.1%
% Calories from Protein:	5.7%
Total Fat (g):	93g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	58g
Polyunsaturated Fat (g):	12g
Cholesterol (mg):	0mg
Carbohydrate (g):	60g
Dietary Fiber (g):	19g
Protein (g):	16g

Vitamin B6 (mg):	1.9mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.9mg
Riboflavin B2 (mg):	.9mg
Folacin (mcg):	401mcg
Niacin (mg):	14mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0

Sodium (mg): 100mg
Potassium (mg): 4553mg
Calcium (mg): 260mg
Iron (mg): 13mg
Zinc (mg): 3mg
Vitamin C (mg): 156mg
Vitamin A (i.u.): 7078IU
Vitamin A (r.e.): 706 1/2RE

Vegetable: 1 1/2
Fruit: 2 1/2
Non-Fat Milk: 0
Fat: 18
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1049 Calories from Fat: 768

% Daily Values*

Total Fat	93g	144%
Saturated Fat	15g	74%
Cholesterol	0mg	0%
Sodium	100mg	4%
Total Carbohydrates	60g	20%
Dietary Fiber	19g	74%
Protein	16g	
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Vitamin A		142%
Vitamin C		259%
Calcium		26%
Iron		71%

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