

Spicy Shrimp Guacamole

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3 avocados, diced
1 cup shrimp, cooked, chilled and chopped
1/4 cup jicama, diced
1/2 cup tomato, seeded and diced
2 tablespoons fresh cilantro, chopped
3 tablespoons fresh lime juice
salt (to taste)

In a bowl, gently combine the avocado, shrimp, jicama, tomato, cilantro and lime juice.

Season with salt to taste.

Per Serving (excluding unknown items): 1265 Calories; 97g Fat (64.8% calories from fat); 61g Protein; 58g Carbohydrate; 18g Dietary Fiber; 360mg Cholesterol; 421mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fruit; 18 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1265	Vitamin B6 (mg):	1.8mg
% Calories from Fat:	64.8%	Vitamin B12 (mcg):	2.4mcg
% Calories from Carbohydrates:	17.1%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	18.1%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	97g	Folacin (mcg):	399mcg
Saturated Fat (g):	15g	Niacin (mg):	18mg
Monounsaturated Fat (g):	58g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	13g	Alcohol (kcal):	0
Cholesterol (mg):	360mg	% Refused:	n n%
Carbohydrate (g):	58g	Food Exchanges	
Dietary Fiber (g):	18g	Grain (Starch):	0
Protein (g):	61g	Lean Meat:	6 1/2
Sodium (mg):	421mg	Vegetable:	1
Potassium (mg):	4356mg	Fruit:	2 1/2
Calcium (mg):	203mg	Non-Fat Milk:	0
Iron (mg):	12mg	Fat:	18

Zinc (mg): 5mg
Vitamin C (mg): 84mg
Vitamin A (i.u.): 4818IU
Vitamin A (r.e.): 566RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1265 Calories from Fat: 819

% Daily Values*

Total Fat 97g	149%
Saturated Fat 15g	76%
Cholesterol 360mg	120%
Sodium 421mg	18%
Total Carbohydrates 58g	19%
Dietary Fiber 18g	71%
Protein 61g	
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Vitamin A	96%
Vitamin C	140%
Calcium	20%
Iron	68%

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