

# Mango-Chili-Glazed Grilled Shrimp

David Olson, Grand Rapids, MI - [abachelorandhisgrill.com](http://abachelorandhisgrill.com)  
Southern Living Magazine - July 2013

## Servings: 6

1 large mango, peeled and cubed  
1/4 cup loosely-packed fresh mint leaves  
1 teaspoon lime zest  
4 tablespoons fresh lime juice  
2 tablespoons bottled sweet chili sauce  
1 tablespoon fresh ginger, grated  
2 cloves garlic, minced  
1 teaspoon dried crushed red pepper  
1 teaspoon olive oil  
1/2 teaspoon Kosher salt  
1/2 teaspoon freshly ground black pepper  
2 pounds large raw shrimp, peeled and deveined

Preheat the grill to 400 degrees (medium-high heat).

In a food processor, process the mango, mint, lime zest, lime juice, chili sauce, ginger, garlic, red pepper, olive oil, salt and pepper for 15 seconds or until combined.

In a bowl, stir together the shrimp and 1/2 cup of the mango mixture. Let stand for 15 minutes.

Remove the shrimp from the marinade. Discard the marinade.

Grill the shrimp, covered with the grill lid, for 2 to 3 minutes on each side or just until the shrimp turn pink.

Toss the shrimp with four to six tablespoons of the mango mixture.

Serve with the remaining mango mixture.

---

Per Serving (excluding unknown items): 35 Calories; 1g Fat (20.1% calories from fat); trace Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 158mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fruit; 0 Fat.

Grilled, Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	35	Vitamin B6 (mg):	.1mg
% Calories from Fat:	20.1%	Vitamin B12 (mcg):	0mcg

% Calories from Carbohydrates: 76.6%  
 % Calories from Protein: 3.3%  
 Total Fat (g): 1g  
 Saturated Fat (g): trace  
 Monounsaturated Fat (g): 1g  
 Polyunsaturated Fat (g): trace  
 Cholesterol (mg): 0mg  
 Carbohydrate (g): 7g  
 Dietary Fiber (g): 1g  
 Protein (g): trace  
 Sodium (mg): 158mg  
 Potassium (mg): 76mg  
 Calcium (mg): 8mg  
 Iron (mg): trace  
 Zinc (mg): trace  
 Vitamin C (mg): 13mg  
 Vitamin A (i.u.): 1345IU  
 Vitamin A (r.e.): 134 1/2RE

Thiamin B1 (mg): trace  
 Riboflavin B2 (mg): trace  
 Folic Acid (mcg): 6mcg  
 Niacin (mg): trace  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Daily Value

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

Calories 35 Calories from Fat: 7

### % Daily Values\*

Total Fat 1g 1%  
   Saturated Fat trace 1%  
 Cholesterol 0mg 0%  
 Sodium 158mg 7%  
 Total Carbohydrates 7g 2%  
   Dietary Fiber 1g 4%  
 Protein trace

Vitamin A 27%  
 Vitamin C 22%  
 Calcium 1%  
 Iron 1%

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