

Chipotle Grilled Shrimp

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Servings: 4

MARINADE

1 can chipotle peppers in adobo sauce

1/4 cup canola oil

1/4 cup freshly squeezed lime juice

3 cloves garlic

1/2 teaspoon salt

1 large handful cilantro

SHRIMP

2 pounds jumbo shrimp, peeled and deveined

1 package wood skewers

1 can Bush's Black Bean Fiesta Grillin' Beans

Preparation Time: 15 minutes

Cook Time: 5 minutes

For the marinade: In a blender or food processor, blend the peppers, oil, lime juice, garlic and salt until smooth. Add the cilantro to the mixture. Blend until the ingredients are combined. Pour the marinade into a large plastic resealable bag.

Place the shrimp into the bag of marinade. Shake to coat. Refrigerate for two hours or overnight.

While the shrimp are marinating, soak the wood skewers in water for at least one hour.

Set the clean, well-oiled grill to low heat. When the grill is hot, thread the shrimp onto skewers and place on the grill. Cook for 3 to 4 minutes on each side until the shrimp are opaque.

Remove the skewers from the grill. Place on a serving platter.

Serve with the Grillin' Beans.

Start to Finish Time: 23 minutes

Per Serving (excluding unknown items): 366 Calories; 18g Fat (44.5% calories from fat); 46g Protein; 3g Carbohydrate; trace Dietary Fiber; 345mg Cholesterol; 604mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 0 Vegetable; 2 1/2 Fat.

Grilled, Seafood

Calories (kcal):	366	Vitamin B6 (mg):	trace
% Calories from Fat:	44.5%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	3.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	52.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	18g	Folacin (mcg):	7mcg
Saturated Fat (g):	2g	Niacin (mg):	6mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	345mg	% Refuse:	n n%
Carbohydrate (g):	3g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	46g	Lean Meat:	6 1/2
Sodium (mg):	604mg	Vegetable:	0
Potassium (mg):	449mg	Fruit:	0
Calcium (mg):	129mg	Non-Fat Milk:	0
Iron (mg):	5mg	Fat:	2 1/2
Zinc (mg):	2mg	Other Carbohydrates:	0
Vitamin C (mg):	8mg		
Vitamin A (i.u.):	496IU		
Vitamin A (r.e.):	131 1/2RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 366 Calories from Fat: 163

% Daily Values*

Total Fat	18g	27%
Saturated Fat	2g	8%
Cholesterol	345mg	115%
Sodium	604mg	25%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	0%
Protein	46g	
Vitamin A		10%
Vitamin C		13%
Calcium		13%
Iron		30%

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