

Chipotle Shrimp and Pineapple Skewers

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Yield: 12 skewers

*2 chipotle chiles canned in adobo
2 tablespoons adobo sauce
1/4 cup packed brown sugar
2 tablespoons vegetable oil
1 lemon
1 pineapple, peeled, cored and cubed
1 1/4 pounds large or extra-large
shrimp, peeled and deveined
3 scallions, finely chopped*

Preheat the grill to high, direct heat.

Place the chipotles, adobo sauce, brown sugar and oil in a blender. Grate in the zest from the lemon; puree'.

Halve the lemon lengthwise and slice 1/4-inch thick. Thread the shrimp and pineapple on the skewers, finishing each skewer with one lemon slice.

Mix the chipotle puree' and scallions in a large shallow bowl. Add the shrimp-pineapple skewers and rub with chipotle marinade.

Grill the skewers on oiled grates until the shrimp are opaque, flipping once, about 5 minutes total.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 697 Calories; 17g Fat (21.8% calories from fat); 7g Protein; 132g Carbohydrate; 11g Dietary Fiber; 2mg Cholesterol; 585mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 4 Fruit; 3 Fat; 3 1/2 Other Carbohydrates.

Grill, Seafood

Per Serving Nutritional Analysis

Calories (kcal):	697
% Calories from Fat:	21.8%
% Calories from Carbohydrates:	74.1%
% Calories from Protein:	4.1%
Total Fat (g):	17g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	trace

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	86mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	2mg
Carbohydrate (g):	132g
Dietary Fiber (g):	11g
Protein (g):	7g
Sodium (mg):	585mg
Potassium (mg):	932mg
Calcium (mg):	127mg
Iron (mg):	4mg
Zinc (mg):	1mg
Vitamin C (mg):	112mg
Vitamin A (i.u.):	299IU
Vitamin A (r.e.):	28 1/2RE

Alcohol (kcal):	0
% Refuse:	0 0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1/2
Vegetable:	1/2
Fruit:	4
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	3 1/2

Nutrition Facts

Amount Per Serving

Calories	697	Calories from Fat: 152
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% Daily Values*

Total Fat	17g	27%
Saturated Fat	2g	11%
Cholesterol	2mg	1%
Sodium	585mg	24%
Total Carbohydrates	132g	44%
Dietary Fiber	11g	46%
Protein	7g	
Vitamin A		6%
Vitamin C		186%
Calcium		13%
Iron		21%

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