

# Grilled Florida Shrimp with Mango and Orange Barbecue Sauce

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## Servings: 4

*1 1/2 pounds shrimp, peeled and deveined*

*1 mango, peeled and diced*

*1 bell pepper, diced small*

*1/4 cup fresh chives or scallions, sliced small*

*1/2 cup orange juice*

*1/2 cup ketchup*

*1 lime, juiced*

*1 tablespoon soy sauce*

*sea salt (to taste)*

*fresh ground pepper (to taste)*

*oil (for cooking)*

*lemon (for garnish)*

*fresh parsley (for garnish)*

In a small saucepan, combine the orange juice, ketchup, lime juice and soy sauce. Heat until bubbly and thick.

Preheat a large saute' pan over medium-high heat. Add one tablespoon of oil to the preheated pan. Add the diced bell peppers to the pan and cook for 2 minutes. Add the shrimp and mango to the pan., Continue to cook for 3 minutes.

Carefully add the orange barbecue sauce to the saute' pan with the shrimp. Continue to cook until the shrimp are almost done.

Toss and adjust the seasoning with salt and pepper. Toss in the scallion or chives. Serve immediately.

Garnish with lemon and fresh parsley.

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Per Serving (excluding unknown items): 275 Calories; 3g Fat (10.6% calories from fat); 36g Protein; 26g Carbohydrate; 2g Dietary Fiber; 259mg Cholesterol; 867mg Sodium. Exchanges: 5 Lean Meat; 1/2 Vegetable; 1 Fruit; 1/2 Other Carbohydrates.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	275
% Calories from Fat:	10.6%
% Calories from Carbohydrates:	37.3%
% Calories from Protein:	52.1%

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.7mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg

**Total Fat (g):** 3g  
**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 259mg  
**Carbohydrate (g):** 26g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 36g  
**Sodium (mg):** 867mg  
**Potassium (mg):** 680mg  
**Calcium (mg):** 112mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 69mg  
**Vitamin A (i.u.):** 2878IU  
**Vitamin A (r.e.):** 358 1/2RE

**Folacin (mcg):** 43mcg  
**Niacin (mg):** 5mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Daily Values\***

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 5  
**Vegetable:** 1/2  
**Fruit:** 1  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 1/2

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 275 Calories from Fat: 29

### % Daily Values\*

<b>Total Fat</b>	3g	5%
Saturated Fat	trace	2%
<b>Cholesterol</b>	259mg	86%
<b>Sodium</b>	867mg	36%
<b>Total Carbohydrates</b>	26g	9%
Dietary Fiber	2g	9%
<b>Protein</b>	36g	
<b>Vitamin A</b>		58%
<b>Vitamin C</b>		115%
<b>Calcium</b>		11%
<b>Iron</b>		26%

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