

Citrusy Shrimp-Stuffed Avocados

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Servings: 4

1 small shallot, finely chopped
1/4 cup mayonnaise
3 tablespoons sour cream
3 tablespoons lime juice
2 tablespoons orange juice
3/4 teaspoon salt
1 pound cooked, shelled shrimp, chopped
1 cup grape tomatoes, halved
1 serrano chile, thinly sliced
2 ripe avocados, halved with pits removed
cilantro (for garnish)
sweet potato chips

Preparation Time: 15 minutes

In a small bowl, whisk the shallot, mayonnaise, sour cream, lime juice, orange juice and salt.

In a large bowl, toss the shrimp, tomatoes, chile and half of the dressing. Refrigerate for 20 minutes or up to two hours.

To serve, spoon the mixture into the avocado halves. Drizzle with the remaining dressing.

Garnish with cilantro and serve with sweet potato chips.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 130 Calories; 14g Fat (90.3% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 484mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	130
% Calories from Fat:	90.3%
% Calories from Carbohydrates:	7.8%
% Calories from Protein:	1.9%
Total Fat (g):	14g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	10mg
Carbohydrate (g):	3g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	8mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	484mg	Vegetable:	0
Potassium (mg):	57mg	Fruit:	0
Calcium (mg):	20mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1 1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	8mg		
Vitamin A (i.u.):	452IU		
Vitamin A (r.e.):	68 1/2RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	130	Calories from Fat: 117
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% Daily Values*

Total Fat	14g	22%
Saturated Fat	3g	15%
Cholesterol	10mg	3%
Sodium	484mg	20%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	0%
Protein	1g	

Vitamin A	9%
Vitamin C	13%
Calcium	2%
Iron	1%

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