



## Bacon-Mango Shrimp Skewers



1/4th of recipe (1 skewer with sauce): 207 calories, 8g total fat (2.5g sat fat), 690mg sodium, 9g carbs, 0.5g fiber, 7.5g sugars, 23.5g protein

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 4\***

**Prep:** 15 minutes    **Cook:** 20 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [5 Ingredients or Less](#), [Four or More Servings](#)

### Ingredients

12 slices center-cut or turkey bacon, halved widthwise  
3/4 cup cubed mango (fresh or thawed from frozen)  
2 tbsp. balsamic vinegar  
1 tbsp. brown sugar (not packed)  
24 raw large shrimp (about 12 oz.), peeled, tails removed, deveined

### Directions

If using wooden skewers, soak them in water for 20 minutes to prevent burning. (You'll need four.)

Cook bacon in a skillet or microwave until cooked but not crisp, about half the time stated on the package. Transfer to a layer of paper towels.

In a food processor or small blender, combine mango, vinegar, and brown sugar. Pulse until smooth and uniform. Reserve half of this mixture for dipping.

Wrap a half a slice of bacon around each shrimp, and evenly thread onto 4 skewers, skewering the bacon so it stays wrapped.

Bring a grill sprayed with nonstick spray to medium-high heat. Place kebabs on the grill, and brush with *half* the unreserved mango-balsamic mixture. Grill for 5 minutes with the grill cover down.

Flip kebabs and brush with remaining unreserved mango-balsamic mixture. With the grill cover down, grill for 5 more minutes, or until shrimp is cooked through and bacon is crispy.

Serve with reserved mango-balsamic mixture for dipping.

**MAKES 4 SERVINGS**

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.