

# Jamaican Shrimp Quesadillas with Mango Salsa

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-shrimp-rundown-recipe>

## Ingredients:

- 2 mangoes diced
- 2 jalapeno seeds removed, diced
- 1 lime
- 2 tablespoons brown sugar
- 1 teaspoon thyme
- 1 teaspoon allspice
- 1 teaspoon paprika
- 1/4 teaspoon nutmeg
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon cayenne \*see note
- 1 tablespoon olive oil
- 2 bell peppers thinly sliced
- 1/2 red onion thinly sliced
- 3/4 pound shrimp thawed, tails removed
- 1/2 lime
- spray oil
- 2 cups mozzarella cheese shredded
- 4 tortillas large
- sour cream or yogurt to serve

## Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 70 grams
3. Cholesterol: 175 milligrams
4. Fat: 25 grams
5. Fiber: 8 grams

6. Protein: 37 grams
  7. SaturatedFat: 10 grams
  8. Sodium: 1230 milligrams
  9. Sugar: 25 grams
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