



California Shrimp Topper

READY IN



10 min.

SERVINGS



10

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices avocado cut in half thin
- 2 oz milk cheddar cheese 2% cut into 8 slices kraft ()
- 2 Tbsp taco bellâ® & chunky salsa thick
- 0.3 lb shrimp cleaned cooked
- 16 woven wheat crackers

Equipment

Directions

- Cut cheese slices diagonally in half.
- Top crackers with cheese and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.3408695537111%

Nutrients (% of daily need)

Calories: 49.37kcal (2.47%), Fat: 2.62g (4.03%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.37g (0.86%), Sugar: 0.57g (0.63%), Cholesterol: 23.93mg (7.98%), Sodium: 97.67mg (4.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.75%), Phosphorus: 51.8mg (5.18%), Calcium: 50.37mg (5.04%), Copper: 0.05mg (2.5%), Zinc: 0.37mg (2.48%), Selenium: 1.64µg (2.34%), Vitamin B2: 0.03mg (1.6%), Magnesium: 6.27mg (1.57%), Vitamin A: 75.26IU (1.51%), Potassium: 47.47mg (1.36%), Fiber: 0.32g (1.29%)