



Caribbean Seafood Sandwiches



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



668 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado peeled chopped
- ☐ 1 pound bay scallops fresh
- ☐ 30 ounce black beans rinsed drained canned
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 cup honey
- ☐ 0.5 cup juice of lime
- ☐ 2 tablespoons juice of lime

- ☐ 2 teaspoons olive oil
- ☐ 1 purple onion chopped
- ☐ 1.5 pounds shrimp fresh unpeeled
- ☐ 8 12-inch tortillas ()
- ☐ 1.3 cups kernel corn whole cooked

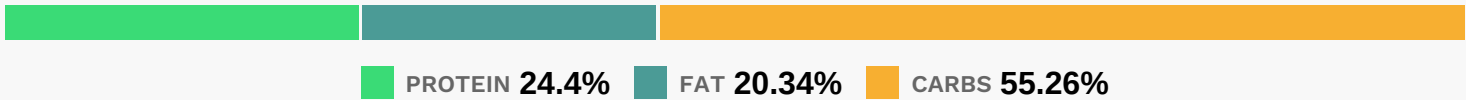
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Toss avocado with 2 tablespoons lime juice; set aside.
- ☐ Peel shrimp, and remove veins, if desired.
- ☐ Saut shrimp, scallops, and garlic in hot oil in a large skillet 5 minutes or until shrimp turn pink; cool.
- ☐ Stir together 1/2 cup lime juice, honey, and cilantro in a large bowl. Toss together with avocado, seafood mixture, black beans, onion, and corn. Cover and chill 2 hours.
- ☐ Place evenly on tortillas, and roll.
- ☐ Note: We used yellow corn tortillas, red chile flour tortillas, and spinach flour tortillas for these sandwiches.

Nutrition Facts



Properties

Glycemic Index:26.91, Glycemic Load:22.88, Inflammation Score:-7, Nutrition Score:28.366086918375%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg

1.69mg, Hesperetin: 1.69mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg
Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg,
Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:
0.02mg, Myricetin: 0.02mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 668.31kcal (33.42%), Fat: 15.22g (23.41%), Saturated Fat: 4.3g (26.89%), Carbohydrates: 93.01g (31%), Net
Carbohydrates: 79.63g (28.96%), Sugar: 14.01g (15.57%), Cholesterol: 150.54mg (50.18%), Sodium: 1615.21mg
(70.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.07g (82.14%), Phosphorus: 753.03mg (75.3%),
Fiber: 13.38g (53.53%), Folate: 214.04µg (53.51%), Vitamin B1: 0.76mg (50.67%), Selenium: 34.45µg (49.21%),
Manganese: 0.94mg (47.23%), Iron: 7.14mg (39.64%), Copper: 0.74mg (37.13%), Vitamin B3: 6.8mg (34%), Vitamin
B2: 0.51mg (29.82%), Magnesium: 118.11mg (29.53%), Potassium: 1017.45mg (29.07%), Calcium: 273.47mg (27.35%),
Zinc: 3.14mg (20.93%), Vitamin K: 17.37µg (16.54%), Vitamin C: 13.04mg (15.81%), Vitamin B6: 0.27mg (13.43%),
Vitamin B12: 0.8µg (13.32%), Vitamin B5: 0.91mg (9.11%), Vitamin E: 0.73mg (4.89%), Vitamin A: 119.9IU (2.4%)