

Ceviche Tostadas

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 fully avocado ripe
- 2 oz philadelphia cream cheese softened ()
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 cup juice of lime fresh
- 0.8 cup cheddar & monterey jack cheeses shredded kraft
- 0.3 cup slivered onions red
- 1 lb shrimp cleaned cooked

1 tomatoes chopped

6 tostada shells

Equipment

bowl

Directions

Combine first 5 ingredients in large glass bowl.

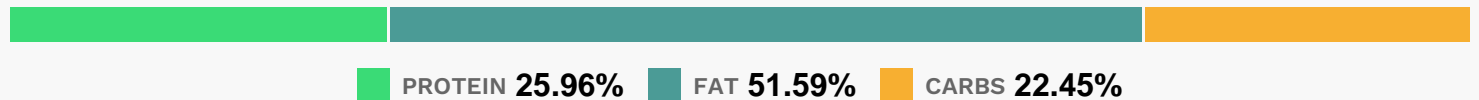
Add shrimp; toss to evenly coat. Refrigerate 20 min.

Mash avocado with cream cheese in small bowl; spread onto tostada shells.

Drain shrimp mixture; spoon onto tostada shells.

Sprinkle with shredded cheese.

Nutrition Facts



Properties

Glycemic Index:5.46, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.8304347878565%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 54.32kcal (2.72%), Fat: 3.23g (4.97%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 2.53g (0.92%), Sugar: 0.49g (0.55%), Cholesterol: 24.66mg (8.22%), Sodium: 71.03mg (3.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.31%), Phosphorus: 50.91mg (5.09%), Copper: 0.07mg (3.54%), Calcium: 32.16mg (3.22%), Vitamin K: 2.9µg (2.76%), Vitamin C: 2.21mg (2.68%), Potassium: 88.92mg (2.54%), Magnesium: 10.04mg (2.51%), Fiber: 0.63g (2.51%), Zinc: 0.34mg (2.26%), Vitamin A: 88.1IU (1.76%), Vitamin

B6: 0.03mg (1.73%), Folate: 6.39 μ g (1.6%), Manganese: 0.03mg (1.51%), Vitamin B2: 0.03mg (1.47%), Vitamin E: 0.21mg (1.37%), Vitamin B1: 0.02mg (1.18%), Vitamin B5: 0.11mg (1.09%), Iron: 0.18mg (1.02%)