



## Cheddar-Shrimp Nachos

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 Tbsp blackened seasoning
- 8 oz triple cheddar cheese shredded with a touch of philadelphia kraft
- 2 Tbsp cilantro leaves fresh chopped
- 1 green onion chopped
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian divided kraft
- 1 jalapeño pepper thinly sliced
- 1 bell pepper red chopped
- 0.8 lb shrimp frozen thawed cooked

8 oz tortilla chips

## Equipment

frying pan

microwave

## Directions

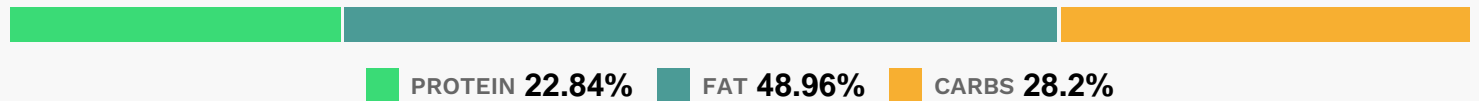
Heat large cast iron skillet on high heat until very hot and starts to smoke.

Add 1 Tbsp. dressing, shrimp, red peppers and seasoning; cook and stir 1 to 2 min. or until shrimp is heated through and evenly coated with dressing mixture. Stir in remaining dressing.

Cover large microwaveable plate with layers of half each of the chips, shrimp mixture and cheese. Repeat layers.

Microwave on HIGH 1 to 2 min. or until cheese is melted, rotating plate after each minute. Top with onions, cilantro and jalapenos.

## Nutrition Facts



## Properties

Glycemic Index:19.38, Glycemic Load:0.41, Inflammation Score:-6, Nutrition Score:9.7543478063915%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 299.13kcal (14.96%), Fat: 16.55g (25.46%), Saturated Fat: 6.4g (40.01%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 19.53g (7.1%), Sugar: 1.37g (1.53%), Cholesterol: 96.81mg (32.27%), Sodium: 499.6mg (21.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.37g (34.74%), Phosphorus: 289.85mg (28.98%), Calcium: 260.92mg (26.09%), Vitamin C: 19.36mg (23.47%), Vitamin A: 774.36IU (15.49%), Zinc: 2.05mg (13.66%), Selenium: 9.37µg (13.39%), Vitamin K: 13.01µg (12.39%), Magnesium: 48.86mg (12.21%), Copper: 0.21mg (10.47%), Vitamin E: 1.54mg (10.27%), Vitamin B2: 0.16mg (9.36%), Fiber: 1.92g (7.67%), Potassium: 226.48mg (6.47%), Vitamin B6: 0.12mg (5.87%), Vitamin B5: 0.5mg (5.04%), Vitamin B12: 0.3µg (5.01%), Iron: 0.81mg (4.48%), Folate: 17.24µg (4.31%), Vitamin B1: 0.06mg (3.85%), Manganese: 0.05mg (2.67%), Vitamin B3: 0.41mg (2.07%), Vitamin D: 0.17µg

(1.13%)