



Chipotle Lime Grilled Shrimp and Corn Guacamole Mini Tostadas



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 cup corn and cotija guacamole



1 pound chipotle lime grilled shrimp



16 small tortilla chips

Equipment

Directions

Place 1 tablespoon of guacamole on each tortilla chip and top with chipotle lime grilledshrimp.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:6.76, Inflammation Score:-5, Nutrition Score:6.5186956343443%

Flavonoids

Hesperetin: 48.76mg, Hesperetin: 48.76mg, Hesperetin: 48.76mg, Hesperetin: 48.76mg Naringenin: 3.86mg, Naringenin: 3.86mg, Naringenin: 3.86mg, Naringenin: 3.86mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 127.62kcal (6.38%), Fat: 3.29g (5.06%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 23.37g (8.5%), Sugar: 3.76g (4.18%), Cholesterol: 0mg (0%), Sodium: 42.01mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin C: 35.12mg (42.57%), Fiber: 4.75g (18.99%), Phosphorus: 77.06mg (7.71%), Vitamin B5: 0.69mg (6.93%), Magnesium: 26.89mg (6.72%), Potassium: 221.44mg (6.33%), Vitamin B6: 0.12mg (6.19%), Vitamin B1: 0.09mg (5.77%), Iron: 1.04mg (5.76%), Copper: 0.1mg (5.21%), Calcium: 51.3mg (5.13%), Vitamin B3: 0.98mg (4.88%), Folate: 19.37µg (4.84%), Vitamin E: 0.71mg (4.72%), Manganese: 0.07mg (3.67%), Zinc: 0.53mg (3.53%), Vitamin K: 3.34µg (3.18%), Vitamin A: 158.31IU (3.17%), Vitamin B2: 0.05mg (3.12%), Selenium: 1.06µg (1.51%)