



Chipotle Lime Shrimp and Guacamole Dip with Tomatoes and Charred Corn



Gluten Free



Popular

READY IN



30 min.

SERVINGS



2

CALORIES



502 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoons chiles in adobo sauce
- ☐ 1 teaspoon butter
- ☐ 1 chipotle chilies in adobo chopped
- ☐ 0.5 cup regular corn (- 1 ear)
- ☐ 0.3 teaspoon cumin toasted
- ☐ 1 clove garlic chopped
- ☐ 1 cup guacamole

- ☐ 2 tablespoons juice of lime (- 1 lime)
- ☐ 1 teaspoon oil
- ☐ 6 ounces shrimp diced peeled
- ☐ 0.5 cup tomatoes diced
- ☐ 2 servings tortilla chips for dipping

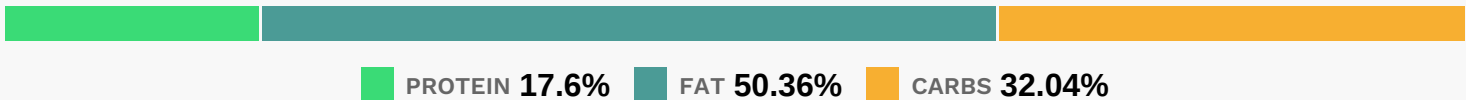
Equipment

- ☐ frying pan

Directions

- ☐ Marinate the shrimp in the mixture of the chipotle chilies, adobo sauce, lime juice, garlic and cumin in the fridge for 20 minutes. Meanwhile, melt the butter in a heavy skillet over medium-high heat. add the corn, toss and let it sit cooking until charred, about 6-8 minutes, mix it up, let it char again and set aside.
- ☐ Heat the oil in a pan over medium-high heat, add the shrimp and saute until cooked, about 2-4 minutes and set aside.
- ☐ Place the guacamole in the serving dish(es) and top with the tomato, corn, shrimp and garnishes and serve with tortilla chips for dipping.

Nutrition Facts



Properties

Glycemic Index:109.25, Glycemic Load:5.41, Inflammation Score:-7, Nutrition Score:20.220434958844%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

0.32mg

Nutrients (% of daily need)

Calories: 502.42kcal (25.12%), Fat: 29.88g (45.97%), Saturated Fat: 5.13g (32.08%), Carbohydrates: 42.76g (14.25%), Net Carbohydrates: 30.6g (11.13%), Sugar: 4.6g (5.11%), Cholesterol: 142.3mg (47.43%), Sodium: 649.97mg (28.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.5g (47%), Fiber: 12.16g (48.63%), Phosphorus: 355.78mg (35.58%), Vitamin K: 37.12µg (35.35%), Copper: 0.65mg (32.47%), Potassium: 1087.26mg (31.06%), Folate: 120.92µg (30.23%), Vitamin C: 24.85mg (30.12%), Vitamin E: 4.33mg (28.86%), Magnesium: 106.76mg (26.69%), Vitamin B5: 2.44mg (24.36%), Vitamin B6: 0.48mg (24.01%), Zinc: 2.68mg (17.85%), Manganese: 0.35mg (17.42%), Vitamin B3: 3.33mg (16.67%), Vitamin A: 674.02IU (13.48%), Vitamin B2: 0.22mg (12.79%), Iron: 2.29mg (12.75%), Vitamin B1: 0.18mg (12.13%), Calcium: 114.81mg (11.48%), Selenium: 2.15µg (3.07%)