



Chipotle Lime Shrimp Tostadas



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados diced ()
- ☐ 2 cups black beans
- ☐ 8 small corn tortillas (day old)
- ☐ 1 pound chipotle lime shrimp
- ☐ 4 servings oil for frying
- ☐ 2 cups pico de gallo
- ☐ 4 cups romaine lettuce shredded ()
- ☐ 4 servings you other favorite taco/texmex toppings such as cheese sour

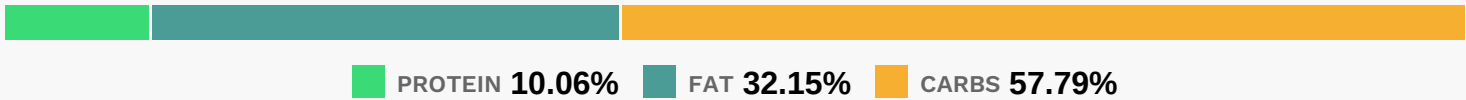
Equipment

☐ oven

Directions

- ☐ Either fry the tortillas in oil until crispy or brush them with oil and bake them in a preheated 350F oven until golden brown and crispy.
- ☐ Assemble the tostadas by placing the other ingredients on top of the fried tortillas.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:17.46, Inflammation Score:-10, Nutrition Score:32.294782824409%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 48.76mg, Hesperetin: 48.76mg, Hesperetin: 48.76mg Naringenin: 3.86mg, Naringenin: 3.86mg, Naringenin: 3.86mg, Naringenin: 3.86mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 510.72kcal (25.54%), Fat: 20.17g (31.03%), Saturated Fat: 2.92g (18.22%), Carbohydrates: 81.57g (27.19%), Net Carbohydrates: 59.92g (21.79%), Sugar: 14.23g (15.82%), Cholesterol: 0.95mg (0.32%), Sodium: 840.69mg (36.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.4%), Vitamin A: 4842.02IU (96.84%), Fiber: 21.65g (86.61%), Folate: 285.27µg (71.32%), Vitamin K: 71.98µg (68.55%), Vitamin C: 51.39mg (62.29%), Manganese: 0.78mg (38.81%), Phosphorus: 374.83mg (37.48%), Magnesium: 140.42mg (35.1%), Potassium: 1122.05mg (32.06%), Copper: 0.55mg (27.36%), Vitamin B1: 0.39mg (26.28%), Vitamin B6: 0.52mg (25.78%), Iron: 4.14mg (23%), Vitamin E: 3.03mg (20.19%), Vitamin B5: 1.98mg (19.76%), Zinc: 2.55mg (17%), Vitamin B3: 3.34mg (16.69%), Vitamin B2: 0.27mg (16.03%), Calcium: 136.92mg (13.69%), Selenium: 5.4µg (7.71%)