



Crab and Pepper Jack Tostaditos

 Gluten Free

READY IN



50 min.

SERVINGS



54

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon vegetable oil
- 0.3 cup bell pepper yellow finely chopped
- 0.3 cup spring onion sliced (4 medium)
- 0.3 cup poblano pepper finely chopped
- 8 oz imitation crab salad-style finely chopped
- 2 oz pepper jack cheese shredded
- 0.3 cup salsa thick
- 0.5 bag corn tortillas white bowl-shaped (10-oz size) (54 chips)

- 1.5 oz feta cheese crumbled
- 0.5 medium avocado pitted ripe peeled cut into 54 small slices

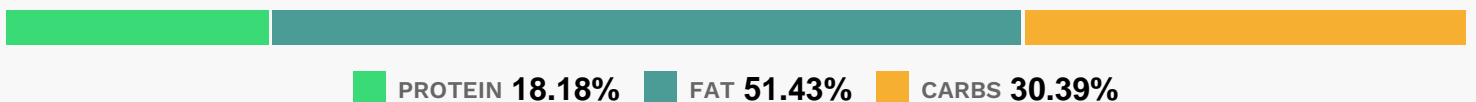
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Heat oven to 375°F. In 10-inch skillet, heat oil over medium-high heat.
- Add bell pepper, onions and chile; cook 3 to 4 minutes, stirring frequently, until soft.
- Remove from skillet; place in medium bowl. Stir in imitation crabmeat, pepper Jack cheese and salsa until well mixed.
- Place tortilla chips, hollow side up, on ungreased large cookie sheet. Spoon 1 heaping teaspoon crabmeat mixture into each chip. Top each evenly with cotija cheese.
- Bake 6 to 8 minutes or until pepper Jack cheese in crabmeat mixture is melted.
- Place on serving plate; garnish each with avocado slice.

Nutrition Facts



Properties

Glycemic Index:3.45, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.62999999506966%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 14.72kcal (0.74%), Fat: 0.85g (1.31%), Saturated Fat: 0.36g (2.24%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.23g (0.25%), Cholesterol: 2.1mg (0.7%), Sodium: 47.02mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Vitamin C: 2.12mg (2.57%), Vitamin K: 1.64µg (1.57%), Calcium: 12.76mg (1.28%)