



Crab, Chili, and Avocado Tostaditos

 **Gluten Free**

READY IN



45 min.

SERVINGS



20

CALORIES



182 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large avocado diced pitted peeled halved
- 20 4-inch corn tortillas (cut from larger corn tortillas, if necessary)
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- 0.8 pound crab meat flaked
- 0.5 cup feta cheese crumbled
- 0.3 cup cilantro leaves fresh coarsely chopped
- 4 garlic clove thinly sliced
- 1 teaspoon jalapeno minced seeded

- 1 tablespoon juice of lime fresh
- 1 cup monterrey jack cheese grated
- 3 tablespoons olive oil
- 1 cup onion thinly sliced
- 2 small pepper flakes thinly sliced
- 0.3 cup pumpkin seeds toasted coarsely chopped (pepitas)
- 1 bell pepper red thinly sliced
- 0.5 cup tomatoes seeded chopped
- 20 servings vegetable oil for frying
- 1 bell pepper yellow thinly sliced

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- broiler
- ziploc bags

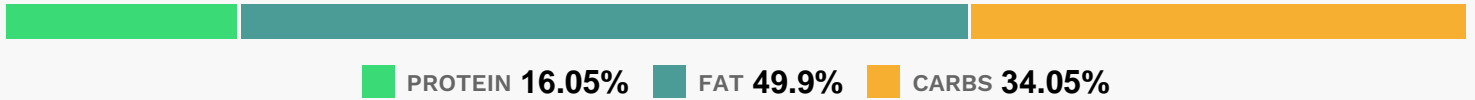
Directions

- Heat enough vegetable oil in heavy large skillet over medium-high heat to reach depth of 1 inch. Working in batches, add tortillas and fry until crisp, about 45 seconds per side.
- Transfer to paper towels to drain. (Fried tortillas can be made 1 day ahead. Cool tortillas completely and store in resealable plastic bag at room temperature.)
- Heat olive oil in heavy large skillet over medium heat.
- Add poblano chilies, bell peppers, onion, garlic, and jalapeño; sauté until just beginning to soften, about 12 minutes.
- Transfer to large bowl; cool.
- Mix crab, tomatoes, Cotija cheese, pumpkin seeds, cilantro, and lime juice into vegetable mixture. Season with salt and pepper. (Crab mixture can be made 4 hours ahead. Cover and

chill.)

- Preheat broiler.
- Place tortillas in single layer on 2 baking sheets. Top with crab mixture and avocado.
- Sprinkle with Monterey Jack cheese. Broil until cheese melts, about 30 seconds, then serve.
- *Fresh green chilies that are often called pasillas; available at Latin American markets and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:22.05, Glycemic Load:6.03, Inflammation Score:-5, Nutrition Score:10.259999952886%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 181.72kcal (9.09%), Fat: 10.39g (15.98%), Saturated Fat: 2.76g (17.22%), Carbohydrates: 15.95g (5.32%), Net Carbohydrates: 13g (4.73%), Sugar: 1.31g (1.46%), Cholesterol: 15.51mg (5.17%), Sodium: 233.76mg (10.16%), Alcohol: 0g (100%), Protein: 7.52g (15.04%), Vitamin C: 29.08mg (35.25%), Vitamin B12: 1.64µg (27.35%), Phosphorus: 190.58mg (19.06%), Selenium: 9.6µg (13.71%), Copper: 0.26mg (12.87%), Zinc: 1.87mg (12.46%), Fiber: 2.96g (11.82%), Magnesium: 43.93mg (10.98%), Manganese: 0.21mg (10.48%), Vitamin B6: 0.21mg (10.31%), Vitamin K: 10.74µg (10.23%), Calcium: 98.13mg (9.81%), Vitamin A: 367.6IU (7.35%), Folate: 27.54µg (6.89%), Vitamin E: 1.03mg (6.84%), Vitamin B2: 0.11mg (6.38%), Potassium: 216.19mg (6.18%), Vitamin B3: 1.09mg (5.43%), Iron: 0.81mg (4.51%), Vitamin B1: 0.06mg (4.31%), Vitamin B5: 0.34mg (3.43%)