



Crab, Chili, and Avocado Tostaditos

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



151 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)
- ☐ 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

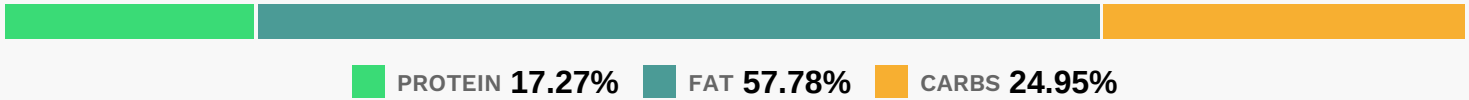
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ broiler
- ☐ ziploc bags

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:19.52, Glycemic Load:3.32, Inflammation Score:-5, Nutrition Score:9.2308695355187%

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: 151.2kcal (7.56%), Fat: 9.99g (15.37%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 7.63g (2.78%), Sugar: 1.19g (1.32%), Cholesterol: 15.51mg (5.17%), Sodium: 227.46mg (9.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.44%), Vitamin C: 29.08mg (35.25%), Vitamin B12: 1.64µg (27.35%), Phosphorus: 146.62mg (14.66%), Selenium: 8.74µg (12.49%), Copper: 0.24mg (11.79%), Zinc: 1.69mg (11.24%), Vitamin K: 10.74µg (10.23%), Vitamin B6: 0.18mg (8.78%), Calcium: 86.79mg (8.68%), Magnesium: 33.85mg (8.46%), Fiber: 2.07g (8.3%), Manganese: 0.16mg (8.19%), Vitamin A: 367.32IU (7.35%), Folate: 26.84µg (6.71%), Vitamin E: 0.99mg (6.57%), Vitamin B2: 0.1mg (5.84%), Potassium: 190.15mg (5.43%), Vitamin B3: 0.88mg (4.38%), Iron: 0.64mg (3.56%), Vitamin B1: 0.05mg (3.44%), Vitamin B5: 0.33mg (3.28%)