



WHATSheATE



Dinner Tonight: Smothered Shrimp Tostadas



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 chipotles in adobo canned



0.3 cup cilantro leaves fresh chopped



2 garlic clove unpeeled



1 head lettuce shredded green (romaine, iceberg, or leaf)



1 cup crema mexicana



1 tablespoon olive oil



1 teaspoon red wine vinegar



0.5 teaspoon salt

- ☐ 1 pound shrimp deveined peeled sliced in half lengthwise
- ☐ 1 pound tomatoes (2 large ones)
- ☐ 12 purchased corn tostada shells

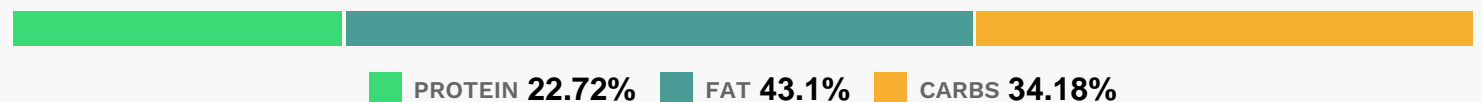
Equipment

- ☐ frying pan
- ☐ blender
- ☐ tongs

Directions

- ☐ Set a large cast-iron skillet over medium-high heat. When hot, add the garlic cloves and tomatoes. Roast, turning everything occasionally with a pair of tongs, until tomatoes are blackened on all sides and garlic is soft, about 15 minutes.
- ☐ Remove the tomatoes and garlic, and let them cool for a few minutes.
- ☐ Remove the blackened skin from the tomatoes, and slip the softened garlic cloves out of their skins.
- ☐ Add both to a blender along with the chipotle chile, vinegar, and salt. Puree until smooth.
- ☐ Season the shrimp on both sides with salt.
- ☐ Pour the oil into a large non-stick skillet set over medium-high heat. When shimmering, add the shrimp, and cook until pink, 30 seconds to one minute.
- ☐ Pour the tomato mixture into the skillet with the shrimp. It should bubble furiously. Stir well, reduce heat to medium, and simmer until the sauce has thickened, about five minutes. Turn off the heat, and season with more salt and pepper if needed.
- ☐ Now it's time to construct the tostadas. Take one tostada and top with ¼ cup of shredded lettuce, three to four pieces of shrimp, a few spoonfuls of the tomato sauce, a drizzle of crema, and a sprinkling of fresh cilantro. Repeat process with remaining tostadas.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:2.06, Inflammation Score:-9, Nutrition Score:18.052173728528%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 511.46kcal (25.57%), Fat: 25.3g (38.93%), Saturated Fat: 4.13g (25.78%), Carbohydrates: 45.16g (15.05%), Net Carbohydrates: 38.87g (14.14%), Sugar: 7.76g (8.62%), Cholesterol: 213.84mg (71.28%), Sodium: 1014.58mg (44.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.01g (60.02%), Vitamin K: 46.67µg (44.44%), Phosphorus: 400.2mg (40.02%), Vitamin A: 1954.35IU (39.09%), Copper: 0.62mg (31.22%), Manganese: 0.55mg (27.27%), Potassium: 887.24mg (25.35%), Fiber: 6.28g (25.13%), Magnesium: 99.91mg (24.98%), Calcium: 243.86mg (24.39%), Vitamin C: 20.05mg (24.31%), Vitamin B1: 0.28mg (18.37%), Vitamin B6: 0.35mg (17.35%), Zinc: 2.55mg (16.98%), Folate: 56.75µg (14.19%), Iron: 2.37mg (13.15%), Vitamin E: 1.39mg (9.23%), Vitamin B3: 1.63mg (8.15%), Vitamin B2: 0.1mg (6.18%), Vitamin B5: 0.33mg (3.33%), Selenium: 1.45µg (2.07%)