



Mini Pineapple Rum Shrimp Tostadas

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado diced
- 0.3 cup brown sugar
- 8 servings cabbage shredded
- 0.3 cup cilantro leaves chopped
- 4 flour tortilla soft for tacos & fajitas
- 1 tablespoon juice of lime
- 1 cup pineapple chopped
- 2 tablespoons rum

- 0.5 teaspoon salt
- 16 small shrimp deveined peeled
- 1 teaspoon taco seasoning

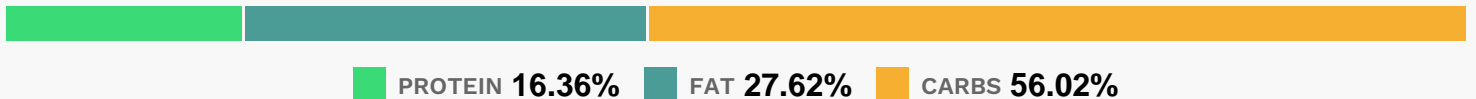
Equipment

- bowl
- grill
- skewers
- grill pan

Directions

- Use a 2 to 3 inch round cutter and cut out 16 circles from 4 tortillas.
- In a small bowl mix brown sugar, lime juice, rum and seasoning.
- Add shrimp and stir to coat.
- Let sit for 15 minutes.
- In a small bowl toss coleslaw with lime juice and olive oil.
- Skewer shrimp and grill 1 to 2 minutes each side.
- Place tortillas on grill for about 1 minute per side.
- Place pineapple, red onion and avocado on a grill pan and cook until slightly browned.
- Place a small amount of coleslaw on tortilla and top with pineapple, avocado and red onion. Top with shrimp and sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:27.96, Glycemic Load:4.96, Inflammation Score:-5, Nutrition Score:11.67173920507%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 166.31kcal (8.32%), Fat: 5.09g (7.83%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 23.24g (7.75%), Net Carbohydrates: 18.97g (6.9%), Sugar: 11.7g (13%), Cholesterol: 32.2mg (10.73%), Sodium: 297.35mg (12.93%), Alcohol: 1.25g (100%), Alcohol %: 0.97% (100%), Protein: 6.79g (13.57%), Vitamin K: 61.26µg (58.34%), Vitamin C: 38.69mg (46.9%), Manganese: 0.43mg (21.37%), Folate: 68.83µg (17.21%), Fiber: 4.27g (17.08%), Phosphorus: 107.54mg (10.75%), Vitamin B1: 0.15mg (10.15%), Potassium: 348.93mg (9.97%), Vitamin B6: 0.19mg (9.38%), Copper: 0.18mg (9.16%), Calcium: 74.79mg (7.48%), Magnesium: 29.36mg (7.34%), Vitamin B3: 1.38mg (6.92%), Iron: 1.24mg (6.88%), Vitamin B2: 0.11mg (6.52%), Vitamin B5: 0.58mg (5.8%), Selenium: 3.77µg (5.38%), Zinc: 0.67mg (4.45%), Vitamin E: 0.65mg (4.31%), Vitamin A: 153.1IU (3.06%)