



Fried Green Plantain with Guacamole and Shrimp (Tostada de Plátano con Camarones y Guacamole)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



668 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cloves garlic thinly sliced
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup guacamole
- ☐ 1 lime for serving
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon paprika

- ☐ 2 fried plantains green
- ☐ 2 servings salt and pepper
- ☐ 12 shrimp deveined peeled

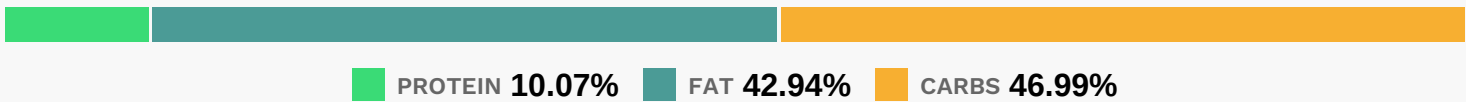
Equipment

- ☐ frying pan

Directions

- ☐ Heat the olive oil in a medium skillet over medium heat.
- ☐ Add the garlic and cook for 2 minutes stirring often.
- ☐ Place the tostada on a serving plate, spread ½ cup of guacamole and top with 6 shrimp.
- ☐ Place lime wedges on the side to drizzle on to of the shrimp.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:2.06, Inflammation Score:-8, Nutrition Score:24.873913085979%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 667.93kcal (33.4%), Fat: 33.24g (51.14%), Saturated Fat: 4.92g (30.74%), Carbohydrates: 81.85g (27.28%), Net Carbohydrates: 68.08g (24.76%), Sugar: 5.65g (6.27%), Cholesterol: 96.6mg (32.2%), Sodium: 281.34mg (12.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.54g (35.08%), Vitamin C: 59.43mg (72.03%), Fiber: 13.77g (55.07%), Potassium: 1623.2mg (46.38%), Folate: 154.73µg (38.68%), Copper: 0.73mg (36.32%), Magnesium: 138.85mg (34.71%), Vitamin K: 35.79µg (34.08%), Vitamin E: 5mg (33.36%), Vitamin B5: 2.8mg (28.01%),

Phosphorus: 267.64mg (26.76%), Vitamin B6: 0.52mg (26.2%), Manganese: 0.5mg (24.75%), Vitamin B2: 0.37mg (21.59%), Iron: 3.55mg (19.72%), Vitamin B1: 0.29mg (19.23%), Vitamin B3: 3.39mg (16.97%), Vitamin A: 704.76IU (14.1%), Zinc: 2.09mg (13.93%), Calcium: 85.32mg (8.53%), Selenium: 1.18µg (1.68%)