



Garlic Shrimp Stacks

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 flour tortillas (8 to 10 in.)
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons garlic minced
- 0.5 cup green onions chopped
- 2 cups jack cheese shredded
- 0.3 cup juice of lime
- 4 servings lime wedges
- 1 tablespoon olive oil

- 4 servings tomato salsa
- 4 servings salt and pepper

Equipment

- frying pan
- baking sheet
- oven
- spatula

Directions

- In a 10- to 12-inch nonstick frying pan over medium-high heat, stir garlic in olive oil often until limp, about 1 minute.
- Add shrimp and stir often until pink on the outside, 2 to 3 minutes.
- Add lime juice and stir occasionally until most of the liquid has evaporated and shrimp are opaque but still moist-looking in center of thickest part (cut to test), about 3 to 5 minutes. Stir in all but 2 tablespoons green onions and the cilantro and add salt and pepper to taste.
- Lay 2 tortillas flat on a 14- by 17-inch nonstick baking sheet. Divide half the shrimp mixture between tortillas and spread to within 1/2 inch of edges.
- Sprinkle a third of the cheese over shrimp.
- Lay another tortilla on each stack and top equally with remaining shrimp mixture and another third of the cheese. Cover with remaining tortillas and sprinkle remaining cheese over the top.
- Bake in a 400 regular or convection oven until cheese is melted around edges of stacks and beginning to brown on top, 10 to 12 minutes. With a wide spatula, transfer stacks to plates.
- Sprinkle with reserved green onions.
- Serve with salsa and lime wedges.

Nutrition Facts



PROTEIN 18.25% **FAT 53.81%** **CARBS 27.94%**

Properties

Glycemic Index:46.75, Glycemic Load:7.72, Inflammation Score:-7, Nutrition Score:15.473043535067%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 402.94kcal (20.15%), Fat: 24.34g (37.44%), Saturated Fat: 12.6g (78.78%), Carbohydrates: 28.43g (9.48%), Net Carbohydrates: 25.75g (9.36%), Sugar: 3.78g (4.2%), Cholesterol: 50.28mg (16.76%), Sodium: 1077.44mg (46.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.14%), Calcium: 515.66mg (51.57%), Phosphorus: 367.32mg (36.73%), Vitamin K: 37.24µg (35.47%), Selenium: 19.19µg (27.41%), Vitamin B2: 0.38mg (22.12%), Manganese: 0.36mg (17.96%), Vitamin B1: 0.27mg (17.71%), Folate: 64.08µg (16.02%), Vitamin A: 788.61IU (15.77%), Zinc: 2.11mg (14.08%), Iron: 2.49mg (13.81%), Vitamin B3: 2.53mg (12.64%), Vitamin C: 9.3mg (11.28%), Fiber: 2.68g (10.71%), Vitamin B6: 0.19mg (9.62%), Magnesium: 34.99mg (8.75%), Vitamin B12: 0.47µg (7.82%), Vitamin E: 1.17mg (7.82%), Potassium: 259.12mg (7.4%), Copper: 0.12mg (5.76%), Vitamin B5: 0.32mg (3.17%), Vitamin D: 0.34µg (2.26%)