



Grilled Shrimp Tostadas

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado cut into chunks
- 3 ears corn on the cob
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 2 poblano chiles
- 1.5 lb shrimp deveined uncooked peeled
- 8 tostada shells (6 inch)

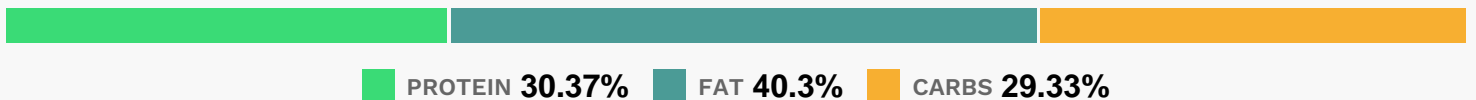
Equipment

- bowl
- blender
- plastic wrap
- grill
- skewers

Directions

- Heat grill to medium-high heat.
- Place chiles and corn on grill. Grill chiles 10 min. or until blackened, turning occasionally; transfer to bowl. Cover with plastic wrap. Grill corn an additional 5 to 10 min. or until tender, turning occasionally; remove from grill.
- Thread shrimp onto skewers; grill 4 min. or until shrimp turn pink, brushing frequently with 1/4 cup dressing. Meanwhile, blend remaining dressing and avocados in blender until smooth.
- Peel, seed and devein chiles; cut into strips.
- Remove corn from cobs.
- Combine chiles, corn and shrimp.
- Place tostada shells on grill; top with cheese. Grill 2 min. or until cheese is melted.
- Remove from grill. Top with shrimp mixture and avocado mixture.

Nutrition Facts



Properties

Glycemic Index:1.11, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.1291304161043%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 52.71kcal (2.64%), Fat: 2.46g (3.78%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 3.34g (1.22%), Sugar: 0.84g (0.94%), Cholesterol: 25.94mg (8.65%), Sodium: 79.97mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.33%), Vitamin C: 5.12mg (6.2%), Phosphorus: 58.95mg (5.89%), Copper: 0.08mg (3.99%), Calcium: 32.89mg (3.29%), Magnesium: 12.27mg (3.07%), Potassium: 98.27mg (2.81%), Fiber: 0.68g (2.72%), Vitamin K: 2.85µg (2.71%), Zinc: 0.37mg (2.48%), Vitamin B6: 0.04mg (2.15%), Manganese: 0.04mg (1.96%), Vitamin B1: 0.03mg (1.78%), Folate: 6.89µg (1.72%), Vitamin B3: 0.26mg (1.3%), Vitamin B2: 0.02mg (1.23%), Vitamin E: 0.18mg (1.18%), Vitamin B5: 0.12mg (1.18%), Iron: 0.21mg (1.16%)