



Grilled Shrimp Tostadas

 Popular

READY IN



52 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium avocado diced pitted ripe peeled
- ☐ 15 ounce black beans rinsed drained well canned
- ☐ 1 teaspoon chili powder
- ☐ 4 servings coarse salt
- ☐ 4 8-inch flour tortillas ()
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon ground cumin

- ☐ 0.5 jalapeno seeded finely chopped
- ☐ 1 teaspoon juice of lime fresh
- ☐ 4 ounces monterrey jack cheese shredded crumbled
- ☐ 1 pound shrimp raw deveined peeled
- ☐ 3 tablespoons onion red chopped
- ☐ 2 medium tomatoes diced ripe
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoons water

Equipment

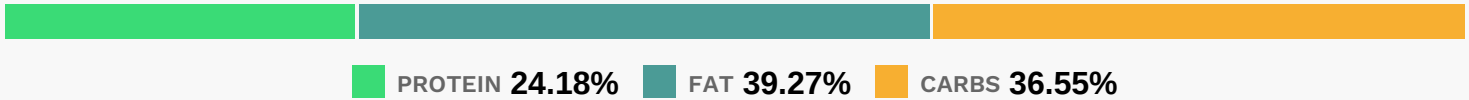
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ stove
- ☐ panini press

Directions

- ☐ Avocado Salsa Fresca: Toss the avocado, tomatoes, onion, jalapeno pepper, cilantro, lime juice, and salt together in a medium bowl. Cover the bowl and refrigerate for 30 minutes to allow the flavors to combine. Shrimp: In a medium bowl, stir together the vegetable oil, lime juice, chili powder, cumin, and salt.
- ☐ Heat the vegetable oil in a large skillet over medium heat.
- ☐ Add in the garlic and stir it in the oil for until it's fragrant and just beginning to brown, about 1 minute.
- ☐ Heat the panini press to medium-high heat. Lightly brush a tortilla with vegetable oil and transfer it to the grill.
- ☐ Sprinkle the tortilla with a little salt and close the lid. Grill the tortilla until it's crisped, with golden grill marks, 1 to 2 minutes. Repeat with the rest of the tortillas. Keep the grill heated.
- ☐ Remove the shrimp from the marinade (discarding the remaining marinade) and put half of them on the grill. Close the lid and grill the shrimp until they're cooked through and opaque, 1 to 2 minutes. Repeat with the remaining shrimp.

Spread one-quarter of the Mashed Black Beans over each grilled tortilla (if they have cooled off too much to be spreadable, put them back on the stove over low heat for a few minutes and stir in water 1 teaspoon at a time). Top them with queso fresco, grilled shrimp, and Avocado Salsa Fresca and serve.

Nutrition Facts



Properties

Glycemic Index:66.25, Glycemic Load:9.39, Inflammation Score:-9, Nutrition Score:31.079130571821%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 569.68kcal (28.48%), Fat: 25.15g (38.7%), Saturated Fat: 8.74g (54.63%), Carbohydrates: 52.68g (17.56%), Net Carbohydrates: 39.03g (14.19%), Sugar: 4.46g (4.95%), Cholesterol: 168.11mg (56.04%), Sodium: 1805.36mg (78.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.86g (69.72%), Selenium: 51.11µg (73.01%), Phosphorus: 671.8mg (67.18%), Fiber: 13.65g (54.59%), Folate: 191.73µg (47.93%), Calcium: 405.93mg (40.59%), Manganese: 0.74mg (37.02%), Vitamin B1: 0.5mg (33.32%), Vitamin B3: 6.31mg (31.55%), Copper: 0.62mg (31.12%), Vitamin B2: 0.49mg (28.67%), Potassium: 970.6mg (27.73%), Iron: 4.99mg (27.73%), Vitamin K: 27.94µg (26.61%), Vitamin B6: 0.53mg (26.39%), Magnesium: 105.34mg (26.34%), Vitamin B12: 1.49µg (24.9%), Vitamin C: 20.1mg (24.36%), Vitamin A: 1195.21IU (23.9%), Vitamin E: 3.49mg (23.26%), Zinc: 3.29mg (21.95%), Vitamin B5: 1.48mg (14.78%), Vitamin D: 0.28µg (1.89%)