



Mini Pineapple Rum Shrimp Tostadas

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- 0.3 cup brown sugar
- 1 tablespoon juice of lime
- 6.3 oz taco seasoning
- 0.5 teaspoon salt
- 2 tablespoons rum
- 16 small shrimp deveined peeled
- 1 cup pineapple chopped

- 1 avocado diced
- 1 serving cabbage shredded
- 0.3 cup cilantro leaves chopped

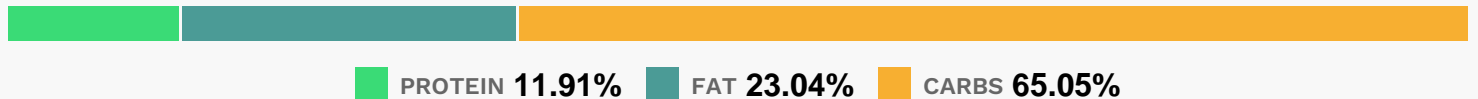
Equipment

- 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:6.26, Inflammation Score:-9, Nutrition Score:11.721739167752%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 235.63kcal (11.78%), Fat: 6.15g (9.47%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 39.1g (13.03%), Net Carbohydrates: 31.7g (11.53%), Sugar: 14.42g (16.02%), Cholesterol: 32.2mg (10.73%), Sodium: 2175.69mg (94.6%), Alcohol: 1.25g (100%), Alcohol %: 1.14% (100%), Protein: 7.16g (14.31%), Vitamin A: 2169.61IU (43.39%), Vitamin C: 26.24mg (31.8%), Fiber: 7.39g (29.57%), Manganese: 0.4mg (19.95%), Iron: 2.95mg (16.42%), Vitamin K: 15.72µg (14.98%), Folate: 55.71µg (13.93%), Vitamin B1: 0.19mg (12.38%), Phosphorus: 120.58mg (12.06%), Selenium: 6.72µg (9.6%), Copper: 0.19mg (9.31%), Vitamin B3: 1.86mg (9.31%), Potassium: 262.38mg (7.5%), Vitamin B2: 0.13mg (7.41%), Calcium: 70.82mg (7.08%), Magnesium: 25.11mg (6.28%), Vitamin B6: 0.12mg (6%), Vitamin B5: 0.47mg (4.73%), Zinc: 0.63mg (4.21%), Vitamin E: 0.55mg (3.69%)