



Monster Mash Guacamole & Spicy Shrimp Dip

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 lb fully avocados ripe mashed
- 15 oz black beans rinsed canned
- 0.5 tsp chipotle chile pepper powder
- 3 Tbsp cilantro leaves divided chopped
- 1 cup knudsen cream sour
- 4 oz philadelphia cream cheese softened ()
- 1 green onion divided sliced
- 0.3 tsp kosher salt

- 2 limes divided
- 1 Tbsp olive oil
- 0.3 cup enchilada sauce red
- 0.5 lb shrimp deveined uncooked peeled coarsely chopped

Equipment

- bowl
- frying pan

Directions

- Heat oil in medium skillet on medium heat.
- Add shrimp and chile powder; cook 3 min. or until shrimp turn pink. Stir in enchilada sauce and 1-1/2 tsp. cilantro.
- Remove from heat.
- Mix avocados and cream cheese in medium bowl.
- Add beans, juice from 1 lime, 2 Tbsp. each onions and cilantro, and salt; mix well.
- Spread sour cream onto bottom of shallow serving dish; cover with layers of guacamole, shrimp mixture, remaining cilantro and onions.
- Cut remaining lime into 6 wedges; squeeze 2 lime wedges over dip.
- Garnish with remaining lime wedges.

Nutrition Facts



Properties

Glycemic Index:8.15, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:5.1378261213717%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 2.88mg, Hesperetin: 2.88mg,

Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 127.37kcal (6.37%), Fat: 9.19g (14.14%), Saturated Fat: 3.04g (18.99%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 4.28g (1.56%), Sugar: 1.24g (1.38%), Cholesterol: 30.77mg (10.26%), Sodium: 182.62mg (7.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.79%), Fiber: 3.67g (14.7%), Folate: 38.09µg (9.52%), Phosphorus: 78.24mg (7.82%), Vitamin K: 8.13µg (7.75%), Potassium: 263.59mg (7.53%), Copper: 0.15mg (7.36%), Vitamin C: 5.67mg (6.87%), Vitamin B2: 0.1mg (5.69%), Magnesium: 21.83mg (5.46%), Vitamin E: 0.8mg (5.33%), Vitamin B5: 0.52mg (5.19%), Manganese: 0.1mg (4.86%), Vitamin B6: 0.1mg (4.79%), Vitamin A: 230.09IU (4.6%), Iron: 0.71mg (3.95%), Calcium: 37.92mg (3.79%), Vitamin B1: 0.05mg (3.65%), Zinc: 0.52mg (3.5%), Vitamin B3: 0.66mg (3.29%), Selenium: 1.33µg (1.91%)