



Shrimp-and-Black Bean Nachos

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup avocado diced peeled
- 30 baked tortilla chips
- 0.3 teaspoon pepper black
- 1 cup black beans canned drained
- 0.8 cup cilantro leaves fresh chopped
- 0.5 teaspoon ground cumin
- 2 tablespoons juice of lime fresh
- 1 tablespoon olive oil extra-virgin

- 0.5 cup onion diced red
- 0.5 teaspoon salt
- 1 tablespoon serrano chile minced seeded
- 0.8 pound shrimp cooked peeled chopped
- 2 cups tomatoes diced
- 1 teaspoon worcestershire sauce

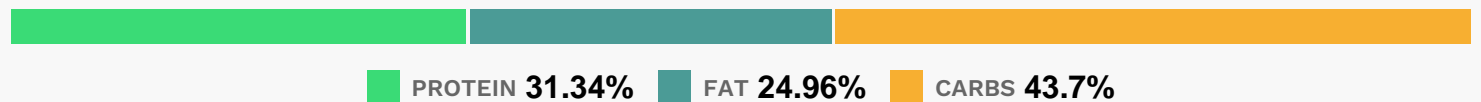
Equipment

- food processor
- bowl
- blender

Directions

- To prepare shrimp salsa, combine first 9 ingredients in a large bowl; toss well. Cover and refrigerate 30 minutes.
- Add tomato and avocado; stir well.
- Place the beans and cumin in a food processor or blender, and process 30 seconds or until smooth.
- Spread each chip with 1 teaspoon black-bean mixture. Top with 1 tablespoon shrimp salsa.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.6, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:3.7843478399774%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg 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 Eriodictyol: 0.04mg, Eriodictyol:

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Nutrients (% of daily need)

Calories: 78.21kcal (3.91%), Fat: 2.23g (3.43%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 8.79g (2.93%), Net Carbohydrates: 6.93g (2.52%), Sugar: 0.94g (1.05%), Cholesterol: 36.51mg (12.17%), Sodium: 181.08mg (7.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.6%), Phosphorus: 90.6mg (9.06%), Fiber: 1.86g (7.42%), Copper: 0.15mg (7.3%), Vitamin C: 5.25mg (6.37%), Potassium: 205.01mg (5.86%), Magnesium: 22.88mg (5.72%), Vitamin K: 5.89µg (5.6%), Vitamin A: 245.16IU (4.9%), Folate: 16.97µg (4.24%), Manganese: 0.08mg (4.16%), Zinc: 0.52mg (3.48%), Iron: 0.62mg (3.46%), Calcium: 34.06mg (3.41%), Vitamin B1: 0.04mg (2.98%), Vitamin B6: 0.06mg (2.98%), Vitamin E: 0.43mg (2.84%), Vitamin B2: 0.05mg (2.67%), Vitamin B3: 0.34mg (1.7%), Selenium: 1.16µg (1.65%), Vitamin B5: 0.12mg (1.24%)