



Shrimp-and-Crab Nachos

 Gluten Free

READY IN



23 min.

SERVINGS



8

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 ounce tortilla chips white blue yellow
- ☐ 1 teaspoon garlic minced
- ☐ 1 bunch green onions sliced
- ☐ 2 teaspoons ground cumin toasted
- ☐ 0.5 cup pickled jalapeño sliced
- ☐ 1 pound lump crab meat cleaned
- ☐ 1 teaspoon olive oil
- ☐ 3 cups pepper jack cheese grated

- ☐ 1 pound shrimp deveined peeled
- ☐ 0.8 cup cup heavy whipping cream sour

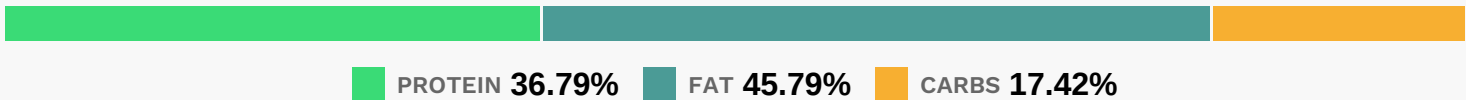
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add shrimp, cumin, and garlic; saut 3 minutes or until shrimp are pink.
- ☐ Combine cooked shrimp, crab, sour cream, and green onions in a large bowl.
- ☐ Spread tortilla chips on an aluminum foil-lined baking sheet. Top with shrimp mixture.
- ☐ Sprinkle with cheese, and top with jalapeo.
- ☐ Broil 5 to 6 inches from heat 2 minutes or until cheese melts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.06, Glycemic Load:6.4, Inflammation Score:-6, Nutrition Score:20.294782680014%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 375.55kcal (18.78%), Fat: 19.2g (29.54%), Saturated Fat: 10.61g (66.3%), Carbohydrates: 16.44g (5.48%), Net Carbohydrates: 14.14g (5.14%), Sugar: 1.54g (1.72%), Cholesterol: 165.53mg (55.18%), Sodium: 818.32mg

(35.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.71g (69.42%), Vitamin B12: 5.5µg (91.67%), Phosphorus: 555.83mg (55.58%), Calcium: 434.27mg (43.43%), Selenium: 29.65µg (42.35%), Copper: 0.82mg (41.08%), Zinc: 5.94mg (39.61%), Magnesium: 87.56mg (21.89%), Vitamin B2: 0.25mg (15%), Vitamin C: 11.55mg (14%), Potassium: 418.63mg (11.96%), Vitamin B6: 0.23mg (11.47%), Vitamin A: 571.38IU (11.43%), Folate: 38.96µg (9.74%), Iron: 1.74mg (9.67%), Fiber: 2.31g (9.22%), Manganese: 0.18mg (9.14%), Vitamin K: 8.97µg (8.54%), Vitamin B3: 1.27mg (6.37%), Vitamin B1: 0.07mg (4.85%), Vitamin B5: 0.42mg (4.17%), Vitamin E: 0.59mg (3.92%), Vitamin D: 0.25µg (1.69%)