



Shrimp-and-Guacamole Tostadas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chili powder
- ☐ 6 6-inch corn tortillas ()
- ☐ 0.3 cup spring onion chopped
- ☐ 0.7 cup guacamole
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp deveined peeled

Equipment

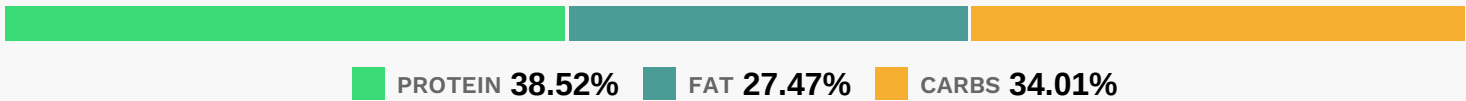
- ☐ oven

- ☐ baking pan
- ☐ grill
- ☐ broiler
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Prepare grill or broiler.
- ☐ Thread 5 shrimp onto each of 6 (12-inch) skewers.
- ☐ Combine the chili powder and salt; sprinkle both sides of shrimp with the chili powder mixture.
- ☐ Place in a shallow baking dish; cover and marinate in refrigerator 15 minutes.
- ☐ Place kebabs on a grill rack or broiler pan coated with cooking spray; cook 2 minutes on each side or until done.
- ☐ Preheat oven to 35
- ☐ Place the tortillas directly on the middle rack in oven.
- ☐ Bake at 350 for 7 minutes (tortillas should still be slightly pliable). Top each tortilla with about 2 tablespoons Monte Alban Guacamole and 5 shrimp.
- ☐ Sprinkle evenly with green onions.

Nutrition Facts



Properties

Glycemic Index:20.42, Glycemic Load:5.3, Inflammation Score:-6, Nutrition Score:9.4786956621253%

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 Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 174.24kcal (8.71%), Fat: 5.6g (8.61%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 11.06g (4.02%), Sugar: 0.7g (0.78%), Cholesterol: 121.71mg (40.57%), Sodium: 341.8mg (14.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.67g (35.34%), Phosphorus: 267.41mg (26.74%), Copper: 0.42mg (20.93%), Fiber: 4.54g (18.14%), Vitamin A: 873.28IU (17.47%), Vitamin K: 17.28µg (16.45%), Magnesium: 58.05mg (14.51%), Potassium: 446.2mg (12.75%), Vitamin E: 1.69mg (11.25%), Zinc: 1.66mg (11.09%), Manganese: 0.2mg (10.08%), Vitamin B6: 0.19mg (9.34%), Calcium: 84.7mg (8.47%), Iron: 1.39mg (7.72%), Folate: 27.21µg (6.8%), Vitamin B3: 1.2mg (6.02%), Vitamin B2: 0.08mg (4.79%), Vitamin B5: 0.44mg (4.41%), Vitamin C: 3.58mg (4.34%), Vitamin B1: 0.05mg (3.47%), Selenium: 2.27µg (3.24%)