



Shrimp Bruschetta With Guacamole

READY IN



45 min.

SERVINGS



12

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 large avocados
- 16 oz bread baguette french
- 1 sprigs garnish: 12 cilantro fresh
- 0.3 cup olive oil extra virgin
- 0.5 cup cilantro leaves fresh chopped
- 1 garlic clove finely chopped
- 2 garlic cloves finely chopped
- 0.3 teaspoon mccormick gourmet collection ground cumin
- 2 teaspoons juice of lime fresh

- 0.8 cup manchego cheese freshly grated
- 0.3 cup salsa
- 0.5 teaspoon salt
- 1 tablespoon shallots diced
- 24 large american shrimp wild fresh uncooked unpeeled

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- If frozen, thaw shrimp according to package directions. Peel shrimp, and, if desired, devein. Set aside.
- Cut bread diagonally into 12 (1/2-inch-thick) slices, discarding ends. Coat both sides with cooking spray, and place on a baking sheet.
- Bake at 375 for 5 to 6 minutes or until edges are crisp. Reserve bread on pan.
- Peel and coarsely chop avocados, and place in a medium bowl.
- Add lime juice and next 6 ingredients, and gently combine, being careful to retain small avocado chunks. (Do not mash.) Chill until ready to serve.
- Saut garlic in hot oil in a medium skillet over medium heat 1 minute.
- Add shrimp, in batches, and cook 2 minutes on each side or just until shrimp turn pink. (Shrimp should be slightly undercooked.)
- Remove from pan, and place 2 shrimp on top of each baguette slice on baking sheet. Top each with 1 Tbsp. Manchego cheese.
- Broil 5 inches from heat 1 to 2 minutes or until cheese melts.
- Remove from oven, and top each with 1 to 2 Tbsp. avocado mixture.
- Garnish, if desired.
- Serve immediately.

Nutrition Facts

PROTEIN 16.93% FAT 46.19% CARBS 36.88%

Properties

Glycemic Index:23.29, Glycemic Load:15.48, Inflammation Score:-4, Nutrition Score:9.3604347705841%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 247.34kcal (12.37%), Fat: 12.99g (19.99%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 23.35g (7.78%), Net Carbohydrates: 20.1g (7.31%), Sugar: 2.27g (2.52%), Cholesterol: 39.76mg (13.25%), Sodium: 429.79mg (18.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.71g (21.43%), Vitamin B1: 0.3mg (19.72%), Folate: 74.77µg (18.69%), Selenium: 11.12µg (15.89%), Manganese: 0.28mg (13.94%), Fiber: 3.25g (12.99%), Vitamin B3: 2.48mg (12.42%), Vitamin B2: 0.21mg (12.31%), Vitamin K: 12.9µg (12.29%), Calcium: 116.41mg (11.64%), Iron: 1.88mg (10.45%), Copper: 0.21mg (10.42%), Phosphorus: 104.02mg (10.4%), Vitamin E: 1.51mg (10.08%), Potassium: 285.49mg (8.16%), Magnesium: 30.43mg (7.61%), Vitamin B6: 0.15mg (7.5%), Vitamin B5: 0.62mg (6.15%), Zinc: 0.91mg (6.04%), Vitamin C: 4.24mg (5.14%), Vitamin A: 172.28IU (3.45%)