



Shrimp "Ceviche" Tostadas

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



309 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado chopped
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.5 cucumber english peeled chopped
- ☐ 0.5 cup feta cheese crumbled
- ☐ 1 juice of lime
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup onion red chopped
- ☐ 1 serrano chiles halved seeded sliced

- ☐ 1 medium tomatoes chopped
- ☐ 8 purchased corn tostada shells

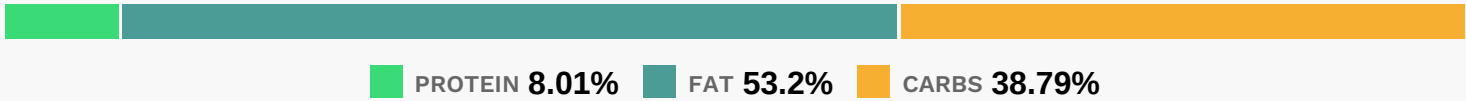
Equipment

- ☐ bowl

Directions

- ☐ Mix together everything except tostada shells and cheese in a medium bowl.
- ☐ Let mixture marinate 10 minutes.
- ☐ Spoon shrimp mixture onto center of shells, dividing evenly.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:1.3, Inflammation Score:-7, Nutrition Score:12.517391412154%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 308.92kcal (15.45%), Fat: 19.28g (29.67%), Saturated Fat: 5.91g (36.96%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 25.25g (9.18%), Sugar: 2.82g (3.13%), Cholesterol: 16.69mg (5.56%), Sodium: 437.99mg (19.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.07%), Fiber: 6.4g (25.59%), Vitamin K: 24.43µg (23.26%), Vitamin B6: 0.41mg (20.33%), Vitamin C: 14.97mg (18.14%), Phosphorus: 180.99mg (18.1%), Vitamin B2: 0.28mg (16.68%), Manganese: 0.31mg (15.39%), Folate: 60.05µg (15.01%), Potassium: 512.46mg

(14.64%), Calcium: 143.1mg (14.31%), Vitamin B1: 0.21mg (14.24%), Magnesium: 55.34mg (13.83%), Vitamin B5: 1.11mg (11.12%), Vitamin A: 537.95IU (10.76%), Copper: 0.2mg (9.97%), Zinc: 1.45mg (9.67%), Vitamin B3: 1.87mg (9.36%), Vitamin E: 1.35mg (9.02%), Iron: 1.26mg (7.01%), Selenium: 3.99µg (5.69%), Vitamin B12: 0.32µg (5.28%)