



Shrimp Nachos

 Gluten Free

READY IN



20 min.

SERVINGS



1

CALORIES



1643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup olives black sliced
- ☐ 4.5 oz chiles green drained chopped canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 cup mayonnaise reduced-fat
- ☐ 6 oz pepper jack cheese shredded
- ☐ 1 cup shrimp cooked chopped
- ☐ 48 tortilla chip scoops

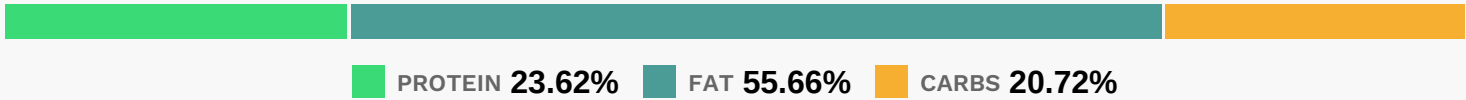
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Stir together pepper Jack cheese and next 6 ingredients. Spoon into tortilla chip scoops; place on a baking sheet.
- ☐ Bake 8 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:0.83, Inflammation Score:-9, Nutrition Score:42.864782416302%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 1642.56kcal (82.13%), Fat: 103.07g (158.58%), Saturated Fat: 40.02g (250.13%), Carbohydrates: 86.34g (28.78%), Net Carbohydrates: 76.89g (27.96%), Sugar: 6.58g (7.31%), Cholesterol: 550.21mg (183.4%), Sodium: 3583.38mg (155.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 98.42g (196.84%), Calcium: 1618.98mg (161.9%), Vitamin K: 166.33µg (158.41%), Phosphorus: 1523.97mg (152.4%), Zinc: 9.95mg (66.36%), Vitamin C: 50.98mg (61.79%), Copper: 1.17mg (58.55%), Magnesium: 228.13mg (57.03%), Vitamin E: 7.85mg (52.35%), Vitamin B2: 0.8mg (47.32%), Selenium: 32.72µg (46.75%), Vitamin A: 2284.96IU (45.7%), Fiber: 9.45g (37.78%), Iron: 6.5mg (36.1%), Potassium: 1242.98mg (35.51%), Folate: 140.33µg (35.08%), Vitamin B6: 0.5mg (24.92%), Vitamin B12: 1.41µg (23.53%), Vitamin B5: 1.72mg (17.22%), Vitamin B1: 0.21mg (13.98%), Vitamin B3: 2.07mg (10.37%), Manganese: 0.17mg (8.75%), Vitamin D: 1.02µg (6.8%)