



Shrimp-Salsa Nachos

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup tomatoes seeded finely chopped
- 2 tablespoons spring onion thinly sliced
- 2 tablespoons cilantro leaves fresh chopped
- 2 tablespoons seafood
- 0.5 teaspoon hot sauce red
- 30 tortilla chips scoop-shaped
- 5 oz cheddar cheese shredded finely
- 30 small shrimp frozen thawed deveined cooked peeled

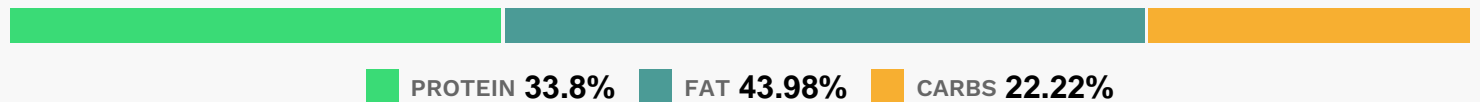
Equipment

- bowl
- microwave

Directions

- In small bowl, mix tomato, onions, cilantro, cocktail sauce and pepper sauce. Set aside.
- Onto 2 microwavable plates, divide tortilla chips. Spoon about 1 teaspoon cheese into each chip. Microwave 1 plate at a time uncovered on High about 30 seconds or until cheese is melted. Repeat with second plate.
- Just before serving, top each nacho with 1 rounded teaspoon tomato salsa and 1 shrimp.

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.2873912946038%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 41.19kcal (2.06%), Fat: 2.04g (3.14%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 2.09g (0.76%), Sugar: 0.19g (0.21%), Cholesterol: 20.59mg (6.86%), Sodium: 61.32mg (2.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.05%), Phosphorus: 49.91mg (4.99%), Calcium: 41.4mg (4.14%), Copper: 0.05mg (2.29%), Zinc: 0.33mg (2.17%), Magnesium: 7.7mg (1.93%), Vitamin K: 1.95µg (1.86%), Vitamin A: 68.15IU (1.36%), Potassium: 46.04mg (1.32%), Selenium: 0.84µg (1.2%), Vitamin B2: 0.02mg (1.07%)