



Shrimp Stack

READY IN



10 min.

SERVINGS



1

CALORIES



136 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 avocado chopped
- 1 tablespoon greek yogurt plain fat-free
- 0.3 teaspoon jalapeno sauce
- 0.5 teaspoon juice of lime fresh
- 1 serving parsley and cracked pepper fresh black chopped (for garnish)
- 1 rye flatbread crisp
- 5 large shrimp cooked

Equipment

Directions

Stir yogurt, lime juice, sauce, and avocado; spread on cracker. Top with shrimp, parsley, and pepper.

Nutrition Facts

PROTEIN 35.48% **FAT 48.36%** **CARBS 16.16%**

Properties

Glycemic Index:72, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:7.093043503554%

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: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 136.28kcal (6.81%), Fat: 7.73g (11.9%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 2.18g (0.79%), Sugar: 0.89g (0.99%), Cholesterol: 81.25mg (27.08%), Sodium: 94.93mg (4.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.77g (25.53%), Phosphorus: 160.47mg (16.05%), Copper: 0.3mg (15.14%), Fiber: 3.63g (14.52%), Potassium: 409.86mg (11.71%), Folate: 42.23µg (10.56%), Vitamin K: 10.81µg (10.3%), Magnesium: 36.62mg (9.16%), Manganese: 0.17mg (8.49%), Vitamin C: 6.52mg (7.91%), Vitamin B5: 0.77mg (7.68%), Zinc: 1.13mg (7.54%), Vitamin B6: 0.15mg (7.28%), Vitamin E: 1.06mg (7.09%), Vitamin B2: 0.11mg (6.58%), Calcium: 56.11mg (5.61%), Vitamin B3: 0.97mg (4.84%), Iron: 0.63mg (3.49%), Selenium: 2.2µg (3.15%), Vitamin B1: 0.04mg (2.74%), Vitamin B12: 0.1µg (1.75%), Vitamin A: 77.49IU (1.55%)