



Southwestern Shrimp

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado peeled sliced
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 teaspoon garlic minced
- ☐ 1 Dash hot sauce
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 cup purple onion diced
- ☐ 0.5 cup salsa

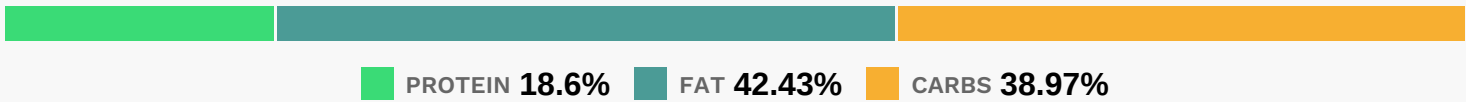
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces cheddar cheese shredded
- ☐ 1 pound shrimp fresh steamed unpeeled
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 1 small tomatoes chopped
- ☐ 1 bag zip-top (1-gallon)
- ☐ 12 servings tortilla chips
- ☐ 11 ounce kernel corn whole drained canned

Equipment

Directions

- ☐ Peel shrimp, and devein, if desired.
- ☐ Combine shrimp and next 9 ingredients in zip-top bag; seal bag, turning to blend ingredients. Chill 1 hour.
- ☐ Pour shrimp mixture into serving dish; top with avocado and next 3 ingredients.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:10.349565137988%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg,

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 327.03kcal (16.35%), Fat: 15.86g (24.39%), Saturated Fat: 5g (31.24%), Carbohydrates: 32.76g (10.92%), Net Carbohydrates: 27.25g (9.91%), Sugar: 1.94g (2.16%), Cholesterol: 81.51mg (27.17%), Sodium: 553.07mg (24.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.64g (31.27%), Phosphorus: 267.43mg (26.74%), Fiber: 5.52g (22.06%), Magnesium: 64.86mg (16.22%), Calcium: 161.28mg (16.13%), Copper: 0.31mg (15.31%), Potassium: 463.2mg (13.23%), Folate: 52.32µg (13.08%), Zinc: 1.73mg (11.53%), Vitamin E: 1.66mg (11.06%), Vitamin K: 11.12µg (10.59%), Vitamin B2: 0.17mg (9.93%), Manganese: 0.18mg (9.07%), Iron: 1.57mg (8.72%), Vitamin B6: 0.16mg (8.24%), Vitamin B1: 0.12mg (8.09%), Vitamin B5: 0.78mg (7.75%), Selenium: 5.33µg (7.62%), Vitamin A: 356.19IU (7.12%), Vitamin C: 5.82mg (7.05%), Vitamin B3: 1.16mg (5.78%), Vitamin B12: 0.14µg (2.34%)