



Uncle Bubba's Seafood Nachos

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



1075 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 16 ounce bag corn tortilla chips
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 cup heavy cream
- ☐ 1 cup iceberg lettuce shredded for topping
- ☐ 10 pickled jalapeño for topping
- ☐ 8 ounces lump crab meat chopped

- ☐ 2 cups parmesan grated
- ☐ 2 cups pepper jack cheese shredded
- ☐ 1 cup pico de gallo for topping
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.5 pound scallops chopped
- ☐ 2 cups sharp cheddar shredded
- ☐ 0.5 pound shrimp boiled deveined peeled chopped
- ☐ 6 servings cup heavy whipping cream sour for topping

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ In a large baking pan or cast iron pan place a layer of the tortilla chips and cover with the shredded Cheddar and Pepper Jack cheeses.
- ☐ Bake the chips for 2 to 3 minutes, or until the cheeses are melted.
- ☐ Remove the dish from the oven and set aside.
- ☐ In a large saute pan over medium-high heat, melt the butter and saute the garlic until soft.
- ☐ Add the crabmeat, shrimp, and scallops and saute for 3 minutes.
- ☐ Add the cream, garlic powder, Parmesan, salt and pepper, to taste, to the seafood and stir for 2 to 3 minutes, until the sauce has thickened.
- ☐ Remove the seafood mixture from the heat and pour over the tortilla chips. Top the nachos with shredded lettuce, pico de gallo, jalapenos, and a large dollop of sour cream.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:1.02, Inflammation Score:-9, Nutrition Score:34.338260961616%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 1074.83kcal (53.74%), Fat: 67.73g (104.21%), Saturated Fat: 33.7g (210.64%), Carbohydrates: 63.99g (21.33%), Net Carbohydrates: 59.05g (21.47%), Sugar: 7.49g (8.32%), Cholesterol: 236.58mg (78.86%), Sodium: 2060.82mg (89.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.2g (112.4%), Calcium: 1111.31mg (111.13%), Phosphorus: 1074.22mg (107.42%), Vitamin B12: 5.14µg (85.66%), Selenium: 47.44µg (67.78%), Zinc: 7.77mg (51.83%), Vitamin A: 2145.79IU (42.92%), Vitamin C: 33.31mg (40.38%), Magnesium: 147.43mg (36.86%), Vitamin B2: 0.61mg (36.14%), Copper: 0.64mg (31.89%), Vitamin E: 4.45mg (29.65%), Vitamin K: 27.21µg (25.91%), Vitamin B6: 0.44mg (21.9%), Fiber: 4.94g (19.75%), Potassium: 616.51mg (17.61%), Vitamin B5: 1.73mg (17.3%), Folate: 61.08µg (15.27%), Iron: 2.51mg (13.92%), Vitamin B1: 0.18mg (12.08%), Vitamin B3: 1.82mg (9.09%), Vitamin D: 1.25µg (8.36%), Manganese: 0.11mg (5.48%)