

Chipotle Shrimp Guacamole Cucumber Stacks

Hands-on 5 minutes Overall 10 minutes

Nutritional values (per serving, 3 stacks): Total carbs: 5.4 g, Fiber: 3.1 g, **Net carbs: 2.4 g**,

Protein: 10.2 g, Fat: 12.9 g, Calories: 171 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 4 servings)

- 2 tbsp extra virgin olive oil, divided (30 ml)
- 1 small garlic clove, minced
- 12 raw shrimp, deveined and shelled (250 g/ 8.8 oz)
- 1/4 tsp chipotle seasoning
- 1 medium cucumber (200 g/ 7.1 oz)
- 1 large avocado (200 g/ 7.1 oz)
- 1 tbsp fresh lemon *or* lime juice, or more to taste
- sea salt and peppe, to taste
- 1 medium spring onion, sliced (15 g/ 1.1 oz)

Instructions

1. Heat half of the olive oil in a heavy-bottomed skillet (cast iron works well). Once heated, add the garlic and fry, stirring, around 30 seconds. (*Note: feel free to skip the garlic if low FODMAP*)
2. Add the shrimp, chipotle chile seasoning and salt and stir to combine. Cook, stirring, until both sides of the shrimp are cooked, about 2 to 3 minutes.
3. Remove from the heat and use a slotted spoon to transfer into a plate. Do not leave in the skillet as the shrimp may overcook.
4. Juice the lemon (or use lime). Halve the avocado and remove the stone.
5. Meanwhile, cut cucumber into 12 rounds 1/2 to 1 cm (1/4 to 1/2 inch) thick.
6. Using a spoon, scoop the avocado flesh into a bowl. Add the remaining oil, salt, pepper and lemon juice. Mash using a fork.
7. Top each cucumber slice with a teaspoon of guacamole, then top with shrimp. Sprinkle with finely chopped chives or thinly sliced green onion, parsley or cilantro.
8. Serve immediately or refrigerate in a sealed container for up to a day.

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