



Blackened Shrimp Tacos

 Gluten Free

READY IN



32 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado ripe peeled mashed
- ☐ 2 tablespoons buttermilk
- ☐ 8 6-inch corn tortillas ()
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.8 teaspoon garlic powder
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.3 teaspoon ground pepper red

- ☐ 2 tablespoons canola mayonnaise (such as Hellmann's)
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 teaspoons paprika
- ☐ 0.5 cup plum tomatoes diced
- ☐ 0.5 cup queso fresco crumbled
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.5 teaspoon vinegar white

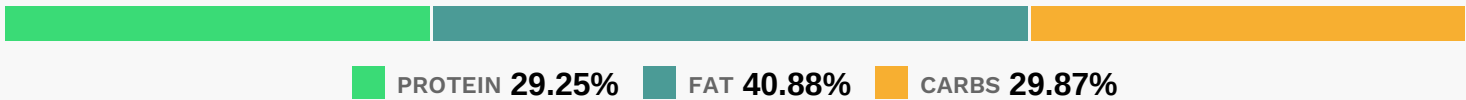
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Combine first 5 ingredients in a small bowl; set aside.
- ☐ Combine paprika and next 6 ingredients in a large zip-top plastic bag.
- ☐ Add shrimp to bag; seal and shake well to coat.
- ☐ Remove shrimp.
- ☐ Heat a grill pan over high heat. Coat pan with cooking spray.
- ☐ Add shrimp; cook 2 minutes per side or until done.
- ☐ Working with 1 tortilla at a time, heat tortillas over medium-high heat directly on the eye of a burner for about 15 seconds on each side or until lightly charred. Divide shrimp evenly among tortillas; divide tomato, avocado, and sauce evenly among tacos.

Nutrition Facts



Properties

Glycemic Index:87.88, Glycemic Load:10.97, Inflammation Score:-8, Nutrition Score:17.341739042946%

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 Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 402.72kcal (20.14%), Fat: 18.96g (29.17%), Saturated Fat: 4.4g (27.51%), Carbohydrates: 31.18g (10.39%), Net Carbohydrates: 23.53g (8.56%), Sugar: 2.49g (2.77%), Cholesterol: 196.86mg (65.62%), Sodium: 478.02mg (20.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.53g (61.05%), Phosphorus: 516.41mg (51.64%), Copper: 0.67mg (33.26%), Fiber: 7.65g (30.59%), Vitamin K: 28.05µg (26.72%), Magnesium: 105.5mg (26.37%), Calcium: 235.06mg (23.51%), Potassium: 791.73mg (22.62%), Zinc: 3.12mg (20.8%), Vitamin A: 1021.33IU (20.43%), Manganese: 0.39mg (19.41%), Vitamin B6: 0.33mg (16.31%), Iron: 2.56mg (14.23%), Vitamin E: 2.04mg (13.63%), Folate: 51.27µg (12.82%), Vitamin C: 9.4mg (11.39%), Selenium: 7.07µg (10.1%), Vitamin B3: 2.01mg (10.04%), Vitamin B2: 0.16mg (9.65%), Vitamin B5: 0.91mg (9.1%), Vitamin B1: 0.12mg (7.77%), Vitamin B12: 0.3µg (4.98%), Vitamin D: 0.52µg (3.49%)