



## Cheesy Shrimp Tacos

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 small avocado sliced
- 1 Tbsp butter
- 1.5 cups three cheese shredded with a touch of philadelphia kraft
- 6 6-inch corn tortillas warmed ()
- 1 lime cut into 6 wedges
- 1 small onion sliced
- 0.5 tsp mexican oregano dried
- 1 roasted poblano chile peeled seeded thinly sliced

- 0.5 cup salsa red
- 1 lb shrimp deveined uncooked peeled

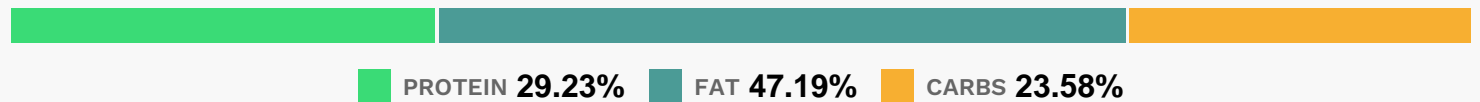
## Equipment

- frying pan

## Directions

- Melt butter in large skillet on medium-high heat.
- Add onions; cook 5 min. or until crisp-tender, stirring occasionally.
- Add shrimp, chiles and oregano; cook and stir 5 min. or until shrimp turn pink.
- Remove from heat.
- Add cheese; stir until melted.
- Top tortillas with shrimp mixture, avocados and salsa.
- Serve with lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:40.25, Glycemic Load:6.04, Inflammation Score:-6, Nutrition Score:13.877825959869%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

## Nutrients (% of daily need)

Calories: 325.43kcal (16.27%), Fat: 17.69g (27.22%), Saturated Fat: 7.57g (47.34%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 14.71g (5.35%), Sugar: 2.54g (2.82%), Cholesterol: 155.05mg (51.68%), Sodium: 447.44mg

(19.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.65g (49.3%), Phosphorus: 407.31mg (40.73%), Calcium: 290.57mg (29.06%), Vitamin C: 23.82mg (28.88%), Copper: 0.45mg (22.43%), Fiber: 5.18g (20.74%), Zinc: 2.71mg (18.08%), Magnesium: 70.04mg (17.51%), Potassium: 553.66mg (15.82%), Selenium: 10.04µg (14.35%), Vitamin B6: 0.27mg (13.28%), Vitamin B2: 0.2mg (12.03%), Manganese: 0.23mg (11.61%), Vitamin A: 577.39IU (11.55%), Vitamin K: 11.3µg (10.76%), Folate: 40.75µg (10.19%), Vitamin E: 1.42mg (9.5%), Vitamin B5: 0.72mg (7.16%), Iron: 1.25mg (6.93%), Vitamin B3: 1.37mg (6.85%), Vitamin B1: 0.08mg (5.54%), Vitamin B12: 0.3µg (5.06%), Vitamin D: 0.17µg (1.13%)