



Chile Lime Grilled Shrimp Tacos

 Gluten Free

READY IN



51 min.

SERVINGS



12

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chiles in adobo sauce
- ☐ 1 chipotle pepper in adobo sauce finely chopped
- ☐ 12 servings cooking oil for grill
- ☐ 12 corn tortillas
- ☐ 1 cup guacamole prepared
- ☐ 1 lime for garnish
- ☐ 12 ounce mexican chile and lime marinade (recommended: Lawry's)
- ☐ 0.5 cup onion frozen thawed chopped

- ☐ 6 ounce cabbage shredded red
- ☐ 1.5 pounds shrimp frozen shelled thawed deveined
- ☐ 8 ounce cup heavy whipping cream sour

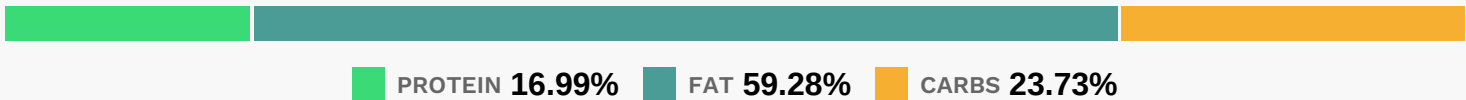
Equipment

- ☐ paper towels
- ☐ grill
- ☐ microwave
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Marinate the shrimp in the chili and lime marinade for at least 5 minutes but no more than 30 minutes.
- ☐ Preheat a grill or grill pan over medium-high heat.
- ☐ Brush the grill with a paper towel that has been soaked in cooking oil.
- ☐ Remove the shrimp from the marinade and place on the grill. Grill the shrimp until cooked through, 2 to 3 minutes per side.
- ☐ Mix the sour cream with chipotle and adobe sauce.
- ☐ Wrap the tortillas in a damp towel.
- ☐ Place on a plate and microwave for 45 seconds.
- ☐ Build the taco with the shrimp, cabbage, onion and guacamole and top with the chipotle sour cream.
- ☐ Garnish with lime wedges.

Nutrition Facts



Properties

Glycemic Index:17.79, Glycemic Load:6.39, Inflammation Score:-5, Nutrition Score:9.9569565809291%

Flavonoids

Cyanidin: 29.81mg, Cyanidin: 29.81mg, Cyanidin: 29.81mg, Cyanidin: 29.81mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Hesperetin: 14.59mg, Hesperetin: 14.59mg, Hesperetin: 14.59mg, Hesperetin: 14.59mg Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 321.53kcal (16.08%), Fat: 22.17g (34.11%), Saturated Fat: 3.62g (22.59%), Carbohydrates: 19.97g (6.66%), Net Carbohydrates: 15.43g (5.61%), Sugar: 2.52g (2.8%), Cholesterol: 102.44mg (34.15%), Sodium: 348.55mg (15.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.3g (28.6%), Vitamin C: 20.79mg (25.2%), Phosphorus: 241.04mg (24.1%), Vitamin E: 3.16mg (21.05%), Vitamin K: 20.4µg (19.43%), Fiber: 4.54g (18.16%), Copper: 0.33mg (16.61%), Magnesium: 51.81mg (12.95%), Potassium: 404.31mg (11.55%), Calcium: 99.89mg (9.99%), Zinc: 1.38mg (9.2%), Manganese: 0.18mg (9.04%), Vitamin B6: 0.17mg (8.52%), Vitamin A: 327.32IU (6.55%), Folate: 25.98µg (6.49%), Iron: 1.15mg (6.4%), Vitamin B2: 0.09mg (5.56%), Vitamin B5: 0.48mg (4.84%), Vitamin B3: 0.91mg (4.56%), Vitamin B1: 0.07mg (4.34%), Selenium: 2.67µg (3.81%)