



Chipotle-Rubbed Shrimp Taco Salad

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



223 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup cherry tomatoes halved
- ☐ 0.5 teaspoon chili powder
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground chipotle chile powder
- ☐ 2 teaspoons honey
- ☐ 1 pound shrimp deveined peeled
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1.5 cups mangos ripe peeled chopped (1 large)

- ☐ 2 tablespoons olive oil
- ☐ 4 radishes quartered
- ☐ 6 cups d prechopped romaine hearts
- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons shallots minced
- ☐ 1 8-inch flour tortilla taco salad shell kit refrigerated () (such as Azteca)

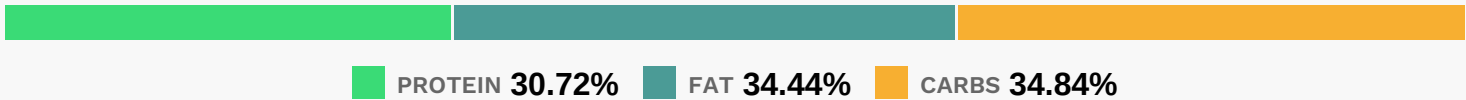
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 5 ingredients in a small bowl, stirring with a whisk. Gradually add oil, stirring constantly with a whisk.
- ☐ Bake tortilla shells at 350 according to package directions.
- ☐ While shells bake, heat a grill pan over medium-high heat.
- ☐ Combine shrimp, chili powders, and salt in a large bowl; toss well to coat. Coat pan with cooking spray.
- ☐ Add shrimp to pan; cook 2 minutes on each side or until done.
- ☐ Combine lettuce, mango, tomato, and radishes.
- ☐ Drizzle vinaigrette over salad; toss to coat.
- ☐ Place about 1 1/2 cups salad in each tortilla shell; divide shrimp evenly among salads.

Nutrition Facts



Properties

Glycemic Index:49.51, Glycemic Load:6.12, Inflammation Score:-10, Nutrition Score:25.605217446452%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 2.54mg, Pelargonidin: 2.54mg, Pelargonidin: 2.54mg, Pelargonidin: 2.54mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 223.16kcal (11.16%), Fat: 8.87g (13.64%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 20.18g (6.73%), Net Carbohydrates: 16.29g (5.92%), Sugar: 13.98g (15.54%), Cholesterol: 142.88mg (47.63%), Sodium: 736mg (32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.79g (35.59%), Vitamin A: 10509.12IU (210.18%), Vitamin K: 119.88µg (114.17%), Folate: 202.49µg (50.62%), Selenium: 34.69µg (49.56%), Vitamin C: 35.76mg (43.34%), Phosphorus: 331.25mg (33.13%), Vitamin E: 3.48mg (23.23%), Vitamin B12: 1.26µg (20.98%), Vitamin B6: 0.39mg (19.65%), Copper: 0.36mg (17.91%), Potassium: 597.77mg (17.08%), Fiber: 3.89g (15.56%), Manganese: 0.3mg (14.81%), Vitamin B3: 2.96mg (14.8%), Magnesium: 51.51mg (12.88%), Calcium: 112.84mg (11.28%), Zinc: 1.51mg (10.04%), Iron: 1.79mg (9.93%), Vitamin B1: 0.13mg (8.89%), Vitamin B2: 0.13mg (7.47%), Vitamin B5: 0.7mg (7%)