



Chipotle Shrimp Tacos



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



12

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce bacon cut into small pieces
- ☐ 3 chipotle peppers in adobo sauce minced
- ☐ 12 corn tortillas
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 1 juice of lime juiced
- ☐ 0.5 onion diced
- ☐ 2 pounds shrimp deveined cooked peeled cut in half

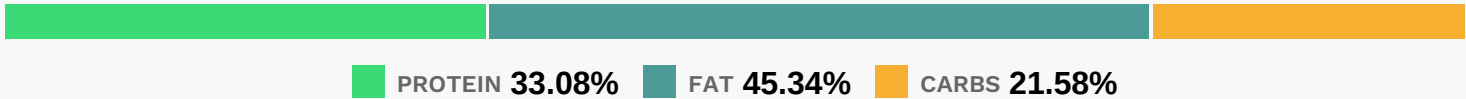
Equipment

☐ frying pan

Directions

- ☐ In a large, deep skillet fry the bacon over medium-high heat until evenly brown.
- ☐ Drain the bacon fat.
- ☐ Add the onions to the pan with the bacon and cook 5 minutes or until the onions are translucent. Stir in the shrimp and chipotle chiles; cook 4 minutes or until heated through.
- ☐ Heat tortillas on an ungreased skillet over medium-high heat for 10 to 15 seconds. Turn and heat for another 5 to 10 seconds. Fill the heated tortillas with shrimp mixture.
- ☐ Sprinkle with cilantro, lime juice, and salt.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:5.13, Inflammation Score:-2, Nutrition Score:6.8199999462003%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 244.42kcal (12.22%), Fat: 12.39g (19.06%), Saturated Fat: 3.97g (24.79%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 11.13g (4.05%), Sugar: 0.73g (0.81%), Cholesterol: 140.42mg (46.81%), Sodium: 290.22mg (12.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.34g (40.69%), Phosphorus: 286.56mg (28.66%), Copper: 0.35mg (17.65%), Magnesium: 49.59mg (12.4%), Zinc: 1.7mg (11.36%), Selenium: 7.32µg (10.46%), Potassium: 320.64mg (9.16%), Fiber: 2.14g (8.55%), Vitamin B3: 1.55mg (7.77%), Calcium: 73.16mg (7.32%), Vitamin B1: 0.11mg (7.09%), Vitamin B6: 0.14mg (7.04%), Manganese: 0.12mg (6.24%), Iron: 0.95mg (5.3%), Vitamin K: 4.17µg (3.97%), Vitamin B2: 0.04mg (2.57%), Vitamin B12: 0.14µg (2.36%), Vitamin A: 102.51IU (2.05%), Vitamin B5: 0.2mg (2.02%), Vitamin C: 1.45mg (1.76%), Vitamin E: 0.23mg (1.56%)