



Chipotle Shrimp Tacos



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado ripe peeled cut into 16 slices
- ☐ 2 teaspoons chili powder
- ☐ 0.3 teaspoon ground chipotle chile powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 cups iceberg lettuce shredded
- ☐ 1 teaspoon olive oil
- ☐ 0.8 cup salsa verde
- ☐ 0.5 teaspoon salt

- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 1 teaspoon sugar
- ☐ 8 6-inch corn tortillas white ()

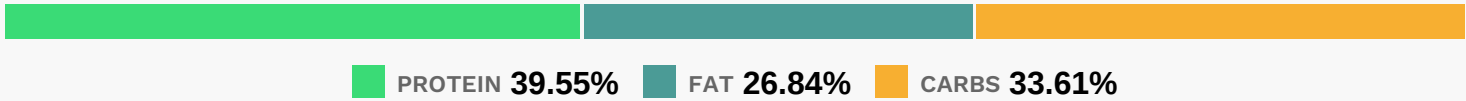
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Combine first 5 ingredients in a large bowl; add shrimp, tossing to coat.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add shrimp mixture to pan; cook 1 1/2 minutes on each side or until done.
- ☐ Remove from heat.
- ☐ Heat tortillas in microwave according to package directions.
- ☐ Place 2 tortillas on each of 4 plates; arrange 4 shrimp on each tortilla. Top each tortilla with 1/4 cup lettuce, 2 avocado slices, and 1 1/2 tablespoons salsa.
- ☐ Beer note: An orange peelinfused Belgian white beer will cool the palate. Hoegaarden White (\$8/six-pack), with its cloudy appearance, citrusy-fresh taste, minimal bitterness, and refreshingly tart finish is delicate enough for seafood and excels at extinguishing heat. Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:49.4, Glycemic Load:11.33, Inflammation Score:-7, Nutrition Score:16.504347697548%

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 Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg

Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg
Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg,
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin:
0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 380.1kcal (19%), Fat: 11.67g (17.95%), Saturated Fat: 1.65g (10.34%), Carbohydrates: 32.86g (10.95%), Net
Carbohydrates: 25.37g (9.23%), Sugar: 5.23g (5.81%), Cholesterol: 273.86mg (91.29%), Sodium: 847.19mg (36.83%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.68g (77.36%), Phosphorus: 565.24mg (56.52%), Copper:
0.86mg (43.17%), Fiber: 7.49g (29.97%), Magnesium: 116.67mg (29.17%), Potassium: 952.77mg (27.22%), Zinc: 3.4mg
(22.65%), Vitamin K: 21.03µg (20.03%), Manganese: 0.37mg (18.51%), Vitamin A: 856.71IU (17.13%), Calcium:
169.73mg (16.97%), Vitamin B6: 0.28mg (14.14%), Folate: 54.08µg (13.52%), Iron: 2.32mg (12.87%), Vitamin E: 1.83mg
(12.21%), Vitamin C: 7.67mg (9.3%), Vitamin B3: 1.84mg (9.2%), Vitamin B5: 0.8mg (7.97%), Vitamin B2: 0.12mg
(7.04%), Vitamin B1: 0.1mg (6.78%), Selenium: 3.66µg (5.23%)