



Chipotle Tandoori Shrimp Wraps

READY IN



45 min.

SERVINGS



8

CALORIES



141 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chiles in adobo sauce
- ☐ 2 chipotles in adobo canned minced seeded
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon turmeric
- ☐ 2 jalapeno thinly sliced
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1 tablespoon juice of lime fresh
- ☐ 8 lime wedges
- ☐ 1.5 cups yogurt plain low-fat divided
- ☐ 1 cup mangos diced peeled
- ☐ 0.5 cup onion red thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 7 inch flatbreads (such as Flatout)

Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Combine 1 cup plain low-fat yogurt and the next 10 ingredients (through shrimp) in a large zip-top plastic bag; seal bag. Toss well to coat. Marinate in the refrigerator for 1 hour, turning the bag occasionally.
- ☐ Prepare grill.
- ☐ Remove shrimp from bag; discard marinade. Thread shrimp evenly onto each of 8 (10-inch) skewers.
- ☐ Place skewers on a grill rack coated with cooking spray; grill 2 minutes on each side or until done.
- ☐ Let shrimp stand 5 minutes.
- ☐ Remove shrimp from skewers. Divide shrimp evenly among each of 8 flatbreads. Top each serving with 2 tablespoons mango, 1 tablespoon onion, 1 1/2 teaspoons fresh cilantro, and 1 tablespoon of the remaining yogurt. Divide jalapeo evenly among flatbreads.
- ☐ Serve with lime wedges.

Nutrition Facts



 **PROTEIN 55.51%**  **FAT 9.36%**  **CARBS 35.13%**

Properties

Glycemic Index:28.72, Glycemic Load:2.36, Inflammation Score:-8, Nutrition Score:8.406521714252%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 8.45mg, Hesperetin: 8.45mg, Hesperetin: 8.45mg, Hesperetin: 8.45mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 140.74kcal (7.04%), Fat: 1.53g (2.35%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 11.14g (4.05%), Sugar: 7.45g (8.27%), Cholesterol: 139.68mg (46.56%), Sodium: 397.5mg (17.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.4g (40.79%), Phosphorus: 267.75mg (26.77%), Vitamin C: 20.94mg (25.38%), Copper: 0.4mg (19.97%), Calcium: 156.73mg (15.67%), Potassium: 442.62mg (12.65%), Magnesium: 46.38mg (11.6%), Zinc: 1.69mg (11.27%), Manganese: 0.15mg (7.7%), Vitamin B2: 0.12mg (7.18%), Fiber: 1.77g (7.08%), Vitamin A: 331.75IU (6.63%), Vitamin B6: 0.12mg (6.05%), Iron: 1.02mg (5.68%), Folate: 20.6µg (5.15%), Selenium: 3.09µg (4.42%), Vitamin B12: 0.26µg (4.29%), Vitamin B5: 0.42mg (4.19%), Vitamin B1: 0.05mg (3.49%), Vitamin K: 3.45µg (3.29%), Vitamin E: 0.43mg (2.89%), Vitamin B3: 0.4mg (2%)