



Chipotle Tequila Shrimp Tacos

READY IN



40 min.

SERVINGS



4

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb shrimp frozen thawed deveined uncooked peeled
- ☐ 0.5 cup orange juice
- ☐ 0.3 cup tequila
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 chipotles in adobo finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 2 plum tomatoes (Roma)
- ☐ 1 tomatillos
- ☐ 1 cup golden beets sweet

- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 1 Dash pepper
- ☐ 4 corn tortillas
- ☐ 8.2 oz flour tortilla soft for tacos and fajitas (10 count
- ☐ 4.7 oz taco shells (10 Count)
- ☐ 1 serving cilantro leaves fresh chopped
- ☐ 1 serving queso fresco
- ☐ 1 serving avocado pitted peeled chopped
- ☐ 1 serving pico de gallo thick
- ☐ 1 serving lime wedges

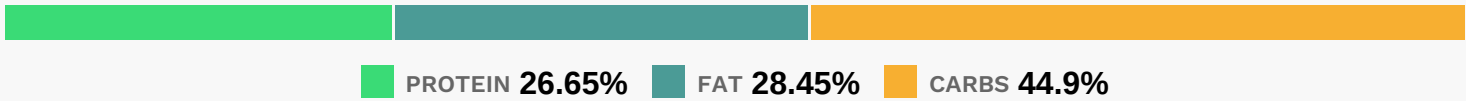
Equipment

- ☐ frying pan

Directions

- ☐ In shallow dish, toss shrimp, orange juice, tequila, lime juice, chiles and garlic to coat.
- ☐ Let stand 15 minutes to marinate, stirring twice.
- ☐ Meanwhile, cut plum tomatoes and tomatillo into wedges. Halve golden tomatoes; set aside.
- ☐ Drain shrimp, discarding marinade. In 12-inch skillet, heat oil over medium-high heat.
- ☐ Add shrimp, tomatoes and tomatillo to skillet; sprinkle with salt and pepper. Cook 3 to 5 minutes, turning shrimp, tomatoes and tomatillo halfway through cooking time, until shrimp turn pink and tomatoes are slightly soft.
- ☐ Heat tortillas on griddle. Fill each tortilla and taco shell with shrimp mixture. Top with cilantro, queso fresco, avocados and pico de gallo or salsa. Squeeze lime wedge over each.

Nutrition Facts



Properties

Glycemic Index:121.88, Glycemic Load:30.66, Inflammation Score:-7, Nutrition Score:24.531739074089%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 4.48mg, Hesperetin: 4.48mg, Hesperetin: 4.48mg, Hesperetin: 4.48mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 691.33kcal (34.57%), Fat: 21.03g (32.35%), Saturated Fat: 5.44g (33.99%), Carbohydrates: 74.65g (24.88%), Net Carbohydrates: 64.71g (23.53%), Sugar: 10.22g (11.35%), Cholesterol: 274.03mg (91.34%), Sodium: 1108.33mg (48.19%), Alcohol: 5.01g (100%), Alcohol %: 1.38% (100%), Protein: 44.32g (88.64%), Phosphorus: 689.46mg (68.95%), Copper: 0.92mg (46.16%), Manganese: 0.84mg (41.93%), Fiber: 9.94g (39.74%), Folate: 151.6µg (37.9%), Magnesium: 143.2mg (35.8%), Vitamin C: 27.76mg (33.64%), Vitamin B1: 0.46mg (30.91%), Potassium: 1050.23mg (30.01%), Calcium: 267.88mg (26.79%), Iron: 4.7mg (26.11%), Zinc: 3.86mg (25.72%), Selenium: 16.72µg (23.89%), Vitamin B3: 4.61mg (23.07%), Vitamin K: 17.99µg (17.14%), Vitamin B2: 0.27mg (16.17%), Vitamin B6: 0.3mg (15.03%), Vitamin E: 1.57mg (10.46%), Vitamin A: 415.45IU (8.31%), Vitamin B5: 0.64mg (6.38%)