



Chopped Taco Salad With Shrimp

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado diced peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 6-inch corn tortillas ()
- ☐ 1 ounce cotija cheese
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 optional: lemon thinly sliced
- ☐ 2 lime thinly sliced
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

- ☐ 3 tablespoons oregano fresh chopped
- ☐ 8 ounces the of 1 cos lettuce chopped
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 large tomatoes diced ripe

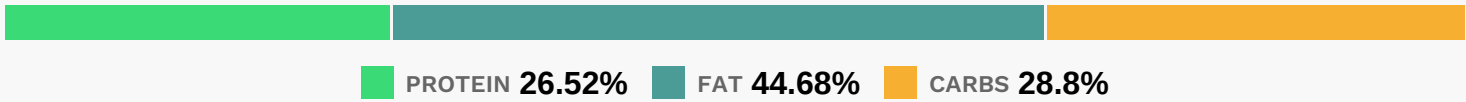
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Heat a grill or grill pan to medium-high heat; coat lightly with cooking spray. Quickly grill the citrus slices in batches, just until browned (about 1 minute per side); transfer to a cutting board, and finely chop.
- ☐ Transfer citrus to a medium bowl with any collected juices.
- ☐ Add the oregano, olive oil, salt, and pepper; mash with the back of a spoon to combine. Divide dressing in half.
- ☐ Arrange lettuce on a serving platter; lightly coat the grill again. Grill the shrimp, in batches, until opaque, brushing with half of the lemon-lime dressing (about 2 minutes per side); transfer to the platter. Warm the tortillas on the grill until slightly charred (about 1 minute per side), brushing lightly with some of the remaining dressing; transfer to the platter.
- ☐ Stir diced tomato into remaining lemon-lime dressing. Arrange avocado on the platter. Crumble the cheese over the salad; drizzle with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:7.72, Inflammation Score:-10, Nutrition Score:28.813913176889%

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 Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 29.47mg, Hesperetin: 29.47mg, Hesperetin: 29.47mg, Hesperetin: 29.47mg Naringenin: 1.75mg, Naringenin: 1.75mg, Naringenin: 1.75mg, Naringenin: 1.75mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 398.86kcal (19.94%), Fat: 21.38g (32.9%), Saturated Fat: 3.82g (23.86%), Carbohydrates: 31.01g (10.34%), Net Carbohydrates: 20.19g (7.34%), Sugar: 4.5g (5%), Cholesterol: 188.88mg (62.96%), Sodium: 386.03mg (16.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.56g (57.13%), Vitamin A: 5514.4IU (110.29%), Vitamin K: 102.43µg (97.55%), Vitamin C: 51.98mg (63.01%), Fiber: 10.82g (43.27%), Phosphorus: 422.67mg (42.27%), Folate: 145.73µg (36.43%), Copper: 0.7mg (35.12%), Potassium: 1001.46mg (28.61%), Manganese: 0.56mg (27.88%), Magnesium: 103.94mg (25.99%), Vitamin E: 3.8mg (25.32%), Calcium: 243.6mg (24.36%), Iron: 3.88mg (21.57%), Vitamin B6: 0.39mg (19.58%), Zinc: 2.77mg (18.44%), Vitamin B2: 0.23mg (13.31%), Vitamin B5: 1.13mg (11.27%), Vitamin B1: 0.17mg (11.01%), Vitamin B3: 2.08mg (10.39%), Selenium: 3.6µg (5.15%), Vitamin B12: 0.12µg (2%)