



Cilantro-Lime Shrimp Tacos

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium avocado diced peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 8 6-inch flour tortillas
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 servings cilantro leaves fresh chopped for garnish
- ☐ 2 tablespoons juice of lime fresh
- ☐ 4 servings lime wedges for serving

- ☐ 1.3 cups bell pepper red cut into 1/4-inch strips 1 pepper
- ☐ 0.5 cup bottled salsa verde
- ☐ 0.3 cup scallions sliced
- ☐ 0.8 pound shrimp deveined cooked peeled

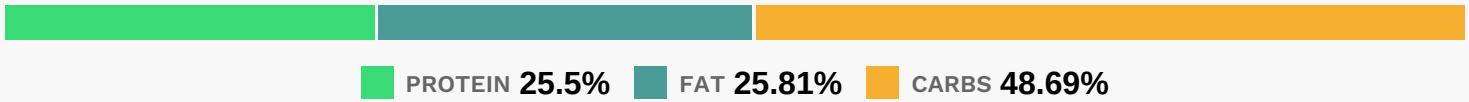
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ microwave

Directions

- ☐ Combine shrimp, beans, scallions, and avocado. Season with pepper. In a separate bowl, stir together the salsa, cilantro, and lime juice. Toss shrimp mixture with 1/4 cup salsa mixture.
- ☐ Arrange tortillas on a microwave-safe plate in batches of
- ☐ Place a damp paper towel over the tortillas and microwave at HIGH for 30 seconds.
- ☐ Arrange 34 pepper strips in the center of each tortilla. Top with 1/2 cup of the shrimp-and-bean mixture.
- ☐ Drizzle about 1 tablespoon of the salsa verde mixture over each taco.
- ☐ Serve with lime wedges and cilantro.

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:10.45, Inflammation Score:-9, Nutrition Score:28.109565569007%

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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.28mg, Luteolin:

0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 463.16kcal (23.16%), Fat: 13.53g (20.82%), Saturated Fat: 3.02g (18.88%), Carbohydrates: 57.42g (19.14%), Net Carbohydrates: 43.36g (15.77%), Sugar: 6.58g (7.31%), Cholesterol: 136.93mg (45.64%), Sodium: 1161.24mg (50.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.08g (60.16%), Vitamin C: 72.58mg (87.98%), Fiber: 14.06g (56.25%), Folate: 188.9µg (47.23%), Phosphorus: 462.92mg (46.29%), Vitamin A: 1853.53IU (37.07%), Manganese: 0.73mg (36.39%), Copper: 0.71mg (35.72%), Vitamin B1: 0.52mg (34.4%), Vitamin K: 33.76µg (32.15%), Potassium: 1060.71mg (30.31%), Iron: 5.25mg (29.19%), Magnesium: 102.75mg (25.69%), Vitamin B2: 0.41mg (24.12%), Vitamin B3: 4.7mg (23.5%), Selenium: 15.07µg (21.54%), Calcium: 195.7mg (19.57%), Vitamin B6: 0.37mg (18.38%), Zinc: 2.51mg (16.72%), Vitamin E: 1.86mg (12.38%), Vitamin B5: 1.16mg (11.64%)