



## Creamy Shrimp Taco

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 6-inch corn tortillas ()
- 2 Tbsp cilantro leaves fresh chopped
- 1 juice of lime
- 2 Tbsp milk
- 4 oz philadelphia neufchatel cheese softened ()
- 2 tsp oil
- 1 cup slivered onions
- 0.5 cup purple cabbage shredded

- 0.3 cup radishes shredded
- 1 cup milk four cheese shredded 2% mexican style kraft finely
- 0.8 lb shrimp deveined uncooked peeled
- 1 Tbsp taco bellâ® reduced sodium taco seasoning mix

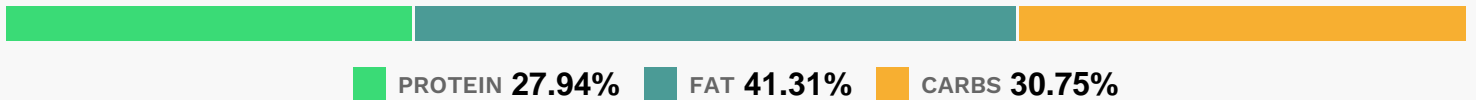
## Equipment

- frying pan

## Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add onions; cook and stir 5 min. Stir in shrimp; cook 3 to 4 min. or until shrimp turn pink, stirring frequently.
- Mix Neufchatel, milk and taco seasoning mix until blended.
- Add to shrimp mixture; stir. Cook 2 min. or until Neufchatel is completely melted and mixture is well blended, stirring constantly.
- Spoon shrimp mixture onto tortillas; top with remaining ingredients.
- Roll up.

## Nutrition Facts



## Properties

Glycemic Index:66.38, Glycemic Load:11.91, Inflammation Score:-6, Nutrition Score:15.391304171604%

## Flavonoids

Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg

## Nutrients (% of daily need)

Calories: 404.92kcal (20.25%), Fat: 19g (29.23%), Saturated Fat: 9.26g (57.89%), Carbohydrates: 31.83g (10.61%), Net Carbohydrates: 27.36g (9.95%), Sugar: 4.23g (4.7%), Cholesterol: 192.18mg (64.06%), Sodium: 710.77mg (30.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.91g (57.82%), Phosphorus: 535.89mg (53.59%), Calcium: 341.02mg (34.1%), Vitamin B2: 0.43mg (25.14%), Copper: 0.46mg (22.8%), Zinc: 3.28mg (21.89%), Magnesium: 85.22mg (21.31%), Vitamin B6: 0.37mg (18.43%), Fiber: 4.47g (17.86%), Vitamin C: 12.98mg (15.73%), Manganese: 0.3mg (14.87%), Potassium: 510.98mg (14.6%), Selenium: 10.11µg (14.44%), Vitamin B12: 0.76µg (12.65%), Vitamin A: 614.72IU (12.29%), Vitamin B1: 0.15mg (9.7%), Iron: 1.62mg (8.97%), Folate: 30.86µg (7.71%), Vitamin K: 7.95µg (7.57%), Vitamin B5: 0.7mg (6.98%), Vitamin B3: 1.34mg (6.72%), Vitamin E: 0.77mg (5.1%), Vitamin D: 0.23µg (1.55%)