



Crispy Rolled Shrimp Tacos



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups shrimp broth
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 1 handful cilantro leaves chopped
- ☐ 1 tablespoon corn oil
- ☐ 12 4-inch corn tortillas (diameter)
- ☐ 1 teaspoon cumin toasted
- ☐ 2 cloves garlic chopped
- ☐ 2 jalapeños diced finely

- ☐ 4 servings oil for frying
- ☐ 4 servings salt to taste
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound shrimp peeled cut into 1/2 inch pieces
- ☐ 0.5 onion diced sweet

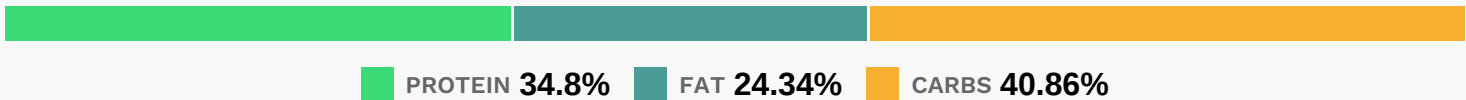
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ toothpicks
- ☐ skewers

Directions

- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the onions and saute until tender, about 5-7 minutes.
- ☐ Add the garlic, jalapenos and cumin and saute until fragrant, about a minute.
- ☐ Add the tomatoes and simmer until the sauce thickens, about 2-3 minutes.
- ☐ Add the shrimp and cook for a minute.
- ☐ Remove from heat, season with salt and mix in the cilantro.
- ☐ Heat the oil in a pan to 350F-375F.Dip the tortillas in the oil two at a time until soft, about 10 seconds, and place them in a stack on paper towels.
- ☐ Place 3 tablespoons of the shrimp mixture on each tortilla, tightly roll it up and skewer with a toothpick to keep sealed.Fry in the oil until golden brown on both sides, about 1 1/2 minutes per side.

Nutrition Facts



Properties

Glycemic Index:58.13, Glycemic Load:11.21, Inflammation Score:-7, Nutrition Score:15.193913148797%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg

Nutrients (% of daily need)

Calories: 303.14kcal (15.16%), Fat: 8.56g (13.16%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 32.32g (10.77%), Net Carbohydrates: 26.97g (9.81%), Sugar: 8.45g (9.38%), Cholesterol: 182.57mg (60.86%), Sodium: 1156.83mg (50.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.53g (55.06%), Phosphorus: 426.83mg (42.68%), Copper: 0.74mg (37.02%), Vitamin C: 20.85mg (25.27%), Magnesium: 98.44mg (24.61%), Manganese: 0.45mg (22.71%), Potassium: 775.82mg (22.17%), Fiber: 5.35g (21.39%), Vitamin E: 2.76mg (18.38%), Vitamin B6: 0.36mg (17.84%), Iron: 2.99mg (16.62%), Zinc: 2.47mg (16.45%), Calcium: 160.14mg (16.01%), Vitamin K: 13.68µg (13.03%), Vitamin A: 629.52IU (12.59%), Vitamin B3: 2.12mg (10.59%), Vitamin B1: 0.15mg (9.72%), Folate: 28.04µg (7.01%), Vitamin B2: 0.1mg (5.92%), Selenium: 3.68µg (5.26%), Vitamin B5: 0.42mg (4.19%)