



Dinner Tonight: Seafood Salad Tacos



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon salt
- ☐ 2 large tomatoes diced
- ☐ 5 servings tortillas
- ☐ 1 small onion diced white finely

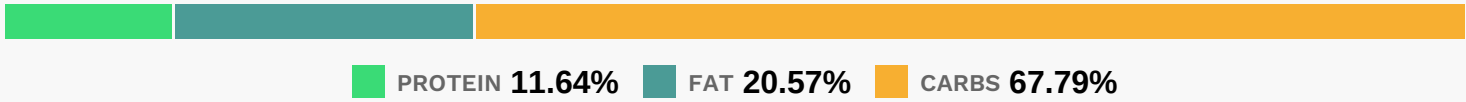
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ If you need to cook the shrimp, bring a medium pot of water to boil, and throw them in for a couple of minutes, until they firm up and turn orange. When done, plunge into ice water, and let cool for a few minutes.
- ☐ Remove the shells.
- ☐ Combine cooked and peeled shrimp with the lime juice, onion, radishes, habanero, tomatoes, cilantro, and salt. Stir until combined. Warm the tortillas quickly on a hot skillet.
- ☐ Stuff tortillas with shrimp mixture and serve.

Nutrition Facts



Properties

Glycemic Index:19.8, Glycemic Load:5.71, Inflammation Score:-6, Nutrition Score:6.4286956579789%

Flavonoids

Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 110.5kcal (5.53%), Fat: 2.56g (3.93%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 16.8g (6.11%), Sugar: 3.62g (4.02%), Cholesterol: 0mg (0%), Sodium: 690.1mg (30%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.51%), Vitamin C: 11.01mg (13.34%), Manganese: 0.25mg (12.52%), Vitamin B1: 0.18mg (12.29%), Vitamin A: 606.7IU (12.13%), Folate: 41.78µg (10.44%), Selenium: 6.76µg (9.66%), Vitamin B3: 1.77mg (8.87%), Fiber: 2.16g (8.65%), Phosphorus: 83.33mg (8.33%), Vitamin K: 7.97µg (7.59%), Iron: 1.32mg (7.33%), Potassium: 230.57mg (6.59%), Vitamin B2: 0.1mg (6.01%), Calcium: 54.59mg (5.46%), Vitamin B6: 0.09mg (4.64%), Magnesium: 16.02mg (4.01%), Copper: 0.08mg (4%), Vitamin E: 0.4mg (2.64%), Zinc: 0.31mg (2.05%), Vitamin B5: 0.13mg (1.31%)