



WHATSheATE



Garlicky Shrimp-Cilantro Tacos (Tacos de Camarones al Mojo de Ajo)

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter
- ☐ 32 corn tortillas warmed (5 to 6 in.; see Notes)
- ☐ 1 cup cilantro leaves fresh coarsely chopped
- ☐ 3 tablespoons garlic finely chopped
- ☐ 8 servings kosher salt
- ☐ 2 limes cut into wedges
- ☐ 2 serrano chiles stemmed seeded thinly sliced (see Notes)

- ☐ 2.5 pounds shrimp deveined peeled halved lengthwise per lb.), , , and
- ☐ 0.3 cup vegetable oil
- ☐ 1 pound onions white peeled thinly sliced

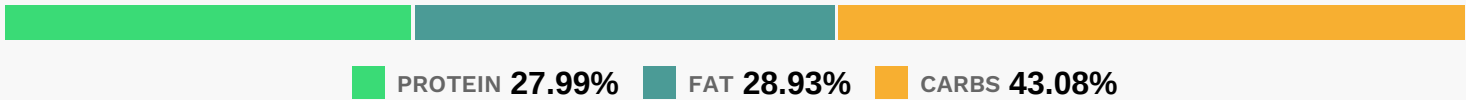
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large frying pan over high heat.
- ☐ Add onions and chiles and cook, stirring frequently, until onions are lightly browned, about 10 minutes.
- ☐ Pour vegetables into a bowl and set aside.
- ☐ Melt butter in same frying pan over medium-high heat, add garlic, and stir until sizzling, about 1 minute.
- ☐ Add half of shrimp to pan. Stir often until shrimp are bright pink and no longer wet-looking in thickest part (cut to test), about 5 minutes; transfer shrimp to bowl with reserved vegetables.
- ☐ Add remaining shrimp to pan and cook as above, then return cooked shrimp and vegetables to pan and stir everything together until hot, 2 to 3 minutes.
- ☐ Add cilantro and salt to taste.
- ☐ Serve shrimp in a large bowl with tortillas (use 2 tortillas, stacked, per taco), accompanied by lime wedges to squeeze over top.

Nutrition Facts



Properties

Glycemic Index:27.69, Glycemic Load:21.98, Inflammation Score:-7, Nutrition Score:16.408695675109%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.93mg, Quercetin: 12.93mg, Quercetin: 12.93mg, Quercetin: 12.93mg

Nutrients (% of daily need)

Calories: 490.73kcal (24.54%), Fat: 16.3g (25.07%), Saturated Fat: 5.28g (33.02%), Carbohydrates: 54.61g (18.2%), Net Carbohydrates: 46.45g (16.89%), Sugar: 3.71g (4.12%), Cholesterol: 243.26mg (81.09%), Sodium: 458.46mg (19.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.48g (70.96%), Phosphorus: 657.19mg (65.72%), Copper: 0.76mg (38.15%), Magnesium: 132.91mg (33.23%), Fiber: 8.16g (32.64%), Manganese: 0.52mg (26.11%), Zinc: 3.43mg (22.88%), Calcium: 202.26mg (20.23%), Potassium: 696.26mg (19.89%), Vitamin K: 19.77µg (18.83%), Vitamin B6: 0.35mg (17.55%), Vitamin C: 11.22mg (13.6%), Iron: 2.34mg (13%), Selenium: 7.22µg (10.31%), Vitamin B1: 0.14mg (9.16%), Vitamin B3: 1.73mg (8.64%), Vitamin E: 1.12mg (7.48%), Vitamin A: 335.8IU (6.72%), Vitamin B2: 0.1mg (5.67%), Folate: 19.2µg (4.8%), Vitamin B5: 0.26mg (2.59%)