



## Grilled Drunken Shrimp Tacos

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**8**

CALORIES



**644 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon agave nectar light
- 8 servings canola oil
- 1 pinch cayenne pepper
- 1 chipotle pepper minced (add more if you like it spicy)
- 16 corn tortillas
- 8 servings cotija cheese
- 0.3 cup cilantro leaves fresh chopped
- 8 servings cilantro leaves fresh chopped

- 2 cloves garlic minced
- 1 teaspoon ground cumin
- 3 cups iceberg lettuce shredded
- 1 juice of lime juiced cut into wedges
- 8 servings kosher salt
- 8 servings kosher salt and freshly cracked pepper black
- 2 teaspoons juice of lime
- 8 servings lime wedges
- 1 cup mayonnaise
- 0.5 cup crema mexicana
- 1 teaspoon paprika
- 1 cup parmesan finely grated
- 32 medium shrimp deveined peeled
- 2 tablespoons tequila white
- 2 vine tomatoes diced

## Equipment

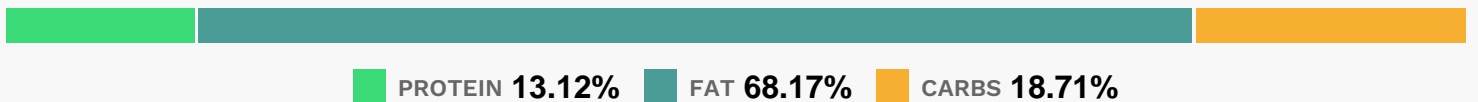
- frying pan
- mixing bowl
- grill
- skewers
- grill pan
- metal skewers

## Directions

- For the shrimp: Soak 8 bamboo skewers in water, if grilling over an open flame (or use metal skewers).
- Begin by making a quick marinade. In a large mixing bowl, combine the tequila, cumin, paprika, cayenne, garlic, lime juice and a little canola oil.

- Add the shrimp and toss well to coat.
- Sprinkle with salt and pepper. Take the skewers and thread 4 shrimp per skewer.
- Heat up a grill, grill pan or flat top.
- Place the shrimp skewers on the grill and cook until pink, well-marked and nicely charred, 40 to 50 seconds.
- Remove from the grill and set on a large platter.
- Add the cilantro and finish by squeezing the lime wedges for some fresh lime juice all over (while the shrimp are warm they will soak up the lime flavor).
- Combine the mayonnaise, Mexican crema, lime juice, agave, chipotle and adobo sauce and some salt in a mixing bowl. Refrigerate until ready to serve.
- For the tacos: Take a large nonstick saute pan (or on a flat grill top) and spray lightly with some nonstick cooking spray. Warm a tortilla for about 30 seconds on both sides, and then lightly coat one side with a sprinkle of Parmesan. Warm through, and then flip so it toasts cheese side down. Allow the cheese to cook and brown about 15 seconds, and then remove from pan. Repeat with the remaining tortillas.
- Place a skewer of shrimp on a doubled-up tortilla (cheese side up) and remove the skewer to leave the shrimp lined up in a row. Top with the diced tomato, iceberg, Cotija cheese, spicy pink mayo, lime and cilantro.
- Serve with beans.

## Nutrition Facts



## Properties

Glycemic Index:54.06, Glycemic Load:11.28, Inflammation Score:-7, Nutrition Score:17.363913199176%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

## Nutrients (% of daily need)

Calories: 643.87kcal (32.19%), Fat: 48.82g (75.11%), Saturated Fat: 10.65g (66.55%), Carbohydrates: 30.15g (10.05%), Net Carbohydrates: 25.8g (9.38%), Sugar: 3.64g (4.05%), Cholesterol: 119.18mg (39.73%), Sodium: 1245.01mg (54.13%), Alcohol: 1.25g (100%), Alcohol %: 0.6% (100%), Protein: 21.15g (42.3%), Vitamin K: 67.72µg (64.5%), Phosphorus: 459.94mg (45.99%), Calcium: 403.36mg (40.34%), Vitamin E: 3.94mg (26.24%), Vitamin B2: 0.36mg (20.9%), Magnesium: 70.4mg (17.6%), Vitamin A: 876.69IU (17.53%), Fiber: 4.36g (17.43%), Zinc: 2.6mg (17.35%), Selenium: 11.33µg (16.18%), Vitamin B6: 0.31mg (15.64%), Manganese: 0.29mg (14.74%), Copper: 0.29mg (14.55%), Vitamin B12: 0.69µg (11.51%), Potassium: 372.6mg (10.65%), Iron: 1.7mg (9.46%), Vitamin C: 7.4mg (8.97%), Vitamin B1: 0.13mg (8.86%), Folate: 28.43µg (7.11%), Vitamin B3: 1.39mg (6.97%), Vitamin B5: 0.53mg (5.26%), Vitamin D: 0.24µg (1.59%)