



Grilled Shrimp Fajitas

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon juice of lime
- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 2 medium cloves garlic crushed
- ☐ 1 pinch ground pepper red (cayenne)
- ☐ 2 lb shrimp frozen thawed deveined uncooked peeled

- ☐ 2 medium bell pepper red cut into strips (2 cups)
- ☐ 2 cups onion red sliced
- ☐ 1 serving olive oil cooking spray
- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 1.5 cups guacamole refrigerated (from 14-oz package)

Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ wok

Directions

- ☐ Heat gas or charcoal grill. In 1-gallon resealable food-storage plastic bag, mix marinade ingredients until well blended.
- ☐ Add shrimp; toss to coat. Cover; refrigerate 20 minutes to marinate, turning once. Meanwhile, in medium bowl, place bell peppers and onion; spray with cooking spray.
- ☐ Place vegetables in grill basket (grill "wok"). Wrap tortillas in foil; set aside.
- ☐ Place basket on grill rack over medium heat. Cover grill; cook 10 minutes, turning vegetables once.
- ☐ Drain shrimp; discard marinade.
- ☐ Add shrimp to grill basket. Cover grill; cook 5 to 7 minutes longer, turning shrimp and vegetables once, until shrimp are pink.
- ☐ Place wrapped tortillas on grill. Cook 2 minutes, turning once, until warm.
- ☐ On serving platter, place shrimp and vegetables; cover to keep warm.
- ☐ Place warmed tortillas on plate; place guacamole in serving bowl. For each serving, top tortilla with shrimp, vegetables and guacamole; fold tortilla over filling.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:10.27, Inflammation Score:-9, Nutrition Score:23.538260708685%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg

Nutrients (% of daily need)

Calories: 443.73kcal (22.19%), Fat: 16.69g (25.68%), Saturated Fat: 3.41g (21.31%), Carbohydrates: 39.25g (13.08%), Net Carbohydrates: 31.31g (11.39%), Sugar: 6.35g (7.06%), Cholesterol: 243.43mg (81.14%), Sodium: 964.39mg (41.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.06g (74.12%), Vitamin C: 62.07mg (75.24%), Phosphorus: 493.5mg (49.35%), Copper: 0.8mg (40.09%), Folate: 128.29µg (32.07%), Fiber: 7.93g (31.73%), Vitamin A: 1445.62IU (28.91%), Manganese: 0.54mg (27.2%), Potassium: 948.63mg (27.1%), Magnesium: 94.77mg (23.69%), Vitamin B1: 0.35mg (23.66%), Vitamin K: 23.61µg (22.48%), Calcium: 201.82mg (20.18%), Iron: 3.6mg (20.01%), Vitamin B6: 0.39mg (19.65%), Zinc: 2.94mg (19.58%), Vitamin B3: 3.9mg (19.5%), Selenium: 12.38µg (17.68%), Vitamin B2: 0.28mg (16.58%), Vitamin E: 2.27mg (15.11%), Vitamin B5: 1.16mg (11.57%)