



Grilled Shrimp Fajitas

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon chili powder
- 6 8-inch flour tortilla for burritos (; from 11-oz package)
- 2 medium cloves garlic crushed
- 1 teaspoon ground cumin
- 1 pinch ground pepper red (cayenne)
- 1.5 cups guacamole refrigerated (from 14-oz package)
- 1 tablespoon juice of lime
- 2 medium bell pepper red cut into strips (2 cups)

- 2 cups onion red sliced
- 1 teaspoon salt
- 2 lb shrimp frozen thawed deveined uncooked peeled
- 1 tablespoon vegetable oil

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



■ PROTEIN 32.7% ■ FAT 33.03% ■ CARBS 34.27%

Properties

Glycemic Index:33.33, Glycemic Load:10.12, Inflammation Score:-9, Nutrition Score:23.43173930956%

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: 440.62kcal (22.03%), Fat: 16.6g (25.54%), Saturated Fat: 3.38g (21.12%), Carbohydrates: 38.76g (12.92%), Net Carbohydrates: 30.86g (11.22%), Sugar: 6.32g (7.02%), Cholesterol: 243.43mg (81.14%), Sodium: 957.21mg (41.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.98g (73.96%), Vitamin C: 62.07mg (75.24%), Phosphorus: 491.49mg (49.15%), Copper: 0.8mg (40.04%), Folate: 127.37µg (31.84%), Fiber: 7.9g (31.59%), Vitamin A: 1445.62IU (28.91%), Potassium: 947.41mg (27.07%), Manganese: 0.54mg (26.95%), Magnesium: 94.56mg (23.64%), Vitamin B1: 0.35mg (23.33%), Vitamin K: 23.54µg (22.42%), Calcium: 200.4mg (20.04%), Iron: 3.57mg (19.82%), Vitamin B6: 0.39mg (19.62%), Zinc: 2.93mg (19.54%), Vitamin B3: 3.86mg (19.29%), Selenium: 12.16µg (17.37%), Vitamin B2: 0.28mg (16.41%), Vitamin E: 2.27mg (15.11%), Vitamin B5: 1.16mg (11.55%)