



Grilled Shrimp Tacos

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 8 6-inch corn tortillas
- ☐ 2 large garlic clove minced
- ☐ 2 cups cabbage shredded green finely
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 lime cut into quarters
- ☐ 3 tablespoons mayonnaise

- ☐ 3 tablespoons milk
- ☐ 1.5 pounds shrimp peeled
- ☐ 0.5 cup cream sour
- ☐ 30 servings salsa verde green

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ microwave
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Whisk together the sour cream, mayonnaise, milk, and cumin. Set aside. Skewer the shrimp. (If using wood skewers, soak them in water for 10 minutes beforehand.) In a small bowl, combine the butter and garlic. Preheat a gas grill to high; adjust to medium after 15 minutes. (If cooking over charcoal, allow the coals to burn until they are covered with gray ash.)
- ☐ Brush the skewered shrimp with the garlic butter.
- ☐ Place them on the grill with the limes. Cook about 4 minutes on each side or until the shrimp are opaque and the limes are browned.
- ☐ Remove from grill. Lightly salt the shrimp. Grill the tortillas for 30 seconds on each side, then place inside a paper bag to keep warm. To serve, pull the shrimp off the skewers and divide them evenly among the tortillas. Top with the cabbage, sour cream sauce, tomatillo salsa, and a spritz of grilled lime. Rainy-Day Method: Broil the shrimp and limes about 4 inches from the heat using the cooking times above. Wrap the tortillas in foil and heat in a 350 F oven for 15 minutes, or wrap them in a napkin and microwave for 3 minutes.

Nutrition Facts



 **PROTEIN 25.68%**  **FAT 41.92%**  **CARBS 32.4%**

Properties

Glycemic Index:9.98, Glycemic Load:1.68, Inflammation Score:-2, Nutrition Score:2.6534782816534%

Flavonoids

Hesperetin: 3.84mg, Hesperetin: 3.84mg, Hesperetin: 3.84mg, Hesperetin: 3.84mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 81.75kcal (4.09%), Fat: 3.82g (5.87%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 6.64g (2.21%), Net Carbohydrates: 5.83g (2.12%), Sugar: 2.58g (2.86%), Cholesterol: 42.55mg (14.18%), Sodium: 319.71mg (13.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.53%), Phosphorus: 78.66mg (7.87%), Vitamin C: 5.62mg (6.82%), Vitamin K: 6.05µg (5.76%), Vitamin A: 271.83IU (5.44%), Copper: 0.11mg (5.4%), Potassium: 163.84mg (4.68%), Magnesium: 14.8mg (3.7%), Fiber: 0.81g (3.25%), Calcium: 31.81mg (3.18%), Zinc: 0.44mg (2.93%), Manganese: 0.04mg (2.17%), Iron: 0.31mg (1.73%), Vitamin B6: 0.03mg (1.5%), Vitamin B2: 0.02mg (1.04%), Selenium: 0.72µg (1.03%)