



# Grilled Shrimp Tacos with Avocado-Corn Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 medium avocado
- 4 teaspoons chipotle chili powder
- 4 corn syrup white yellow
- 16 corn tortillas warmed
- 2 tablespoons cilantro leaves fresh finely chopped
- 0.3 teaspoon ground cumin
- 0.5 teaspoon kosher salt

- 2 tablespoons juice of lime freshly squeezed (from 2 medium limes)
- 2 tablespoons olive oil
- 4 medium spring onion light white green thinly sliced ( and parts only)
- 1 serrano chiles stemmed finely chopped
- 2 pounds shrimp deveined peeled ( 45 shrimp)
- 3 medium tomatoes cored seeded cut into small dice

## Equipment

- bowl
- baking sheet
- paper towels
- knife
- whisk
- grill
- skewers
- cutting board

## Directions

- Place a large container on a damp towel. Fold a paper towel into fourths and place it inside the container. Stand 1 ear of corn on the paper towel, using the stem as a handle. Using a paring knife, slice downward, letting the kernels fall into the container. Rotate the cob and continue until all the kernels have been removed; discard the cob. Repeat with the remaining corn. Discard the paper towel.
- Heat an outdoor grill to high (about 450°F to 550°F). Meanwhile, assemble the shrimp.
- Whisk the lime juice, oil, chipotle powder, salt, and cumin together in a large bowl.
- Add the shrimp and toss to combine. Skewer each shrimp through the tail and head ends, leaving about 1/4 inch of space between each shrimp.
- Transfer the skewers to a baking sheet.
- Place the skewers in a single layer on the grill without touching. Close the grill and cook until grill marks appear on the bottom, about 4 minutes. Flip the skewers, close the grill, and cook

until the shrimp are just firm, about 1 minute more.

- Transfer the skewers to a clean baking sheet.
- Remove and discard the skewers, transfer the shrimp to a cutting board, and coarsely chop.
- Place in a serving bowl.
- Serve the shrimp with the tortillas and salsa.

## Nutrition Facts

**PROTEIN 31.22%** **FAT 33.78%** **CARBS 35%**

### Properties

Glycemic Index:24.69, Glycemic Load:11.01, Inflammation Score:-7, Nutrition Score:16.015217324962%

### Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

### Nutrients (% of daily need)

Calories: 336.53kcal (16.83%), Fat: 13.22g (20.34%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 30.83g (10.28%), Net Carbohydrates: 23.02g (8.37%), Sugar: 2.38g (2.65%), Cholesterol: 182.57mg (60.86%), Sodium: 327.5mg (14.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.5g (55%), Phosphorus: 450.57mg (45.06%), Copper: 0.67mg (33.28%), Vitamin K: 33.31µg (31.73%), Fiber: 7.8g (31.22%), Magnesium: 100.64mg (25.16%), Potassium: 798.96mg (22.83%), Manganese: 0.37mg (18.3%), Zinc: 2.68mg (17.9%), Vitamin C: 14.29mg (17.32%), Vitamin A: 846.36IU (16.93%), Vitamin E: 2.38mg (15.87%), Vitamin B6: 0.31mg (15.59%), Folate: 56.02µg (14%), Calcium: 135.43mg (13.54%), Iron: 1.99mg (11.06%), Vitamin B3: 2.11mg (10.56%), Vitamin B5: 0.82mg (8.21%), Vitamin B2: 0.13mg (7.36%), Vitamin B1: 0.11mg (7.23%), Selenium: 3.64µg (5.2%)