



Indian-Spiced Shrimp Wrap

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 8 6-inch flour tortillas fat-free ()
- 1 teaspoon ground cardamom
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 2 teaspoons ground coriander
- 1 tablespoon ground cumin
- 0.1 teaspoon ground pepper red

- 2 teaspoons ground turmeric
- 0.5 teaspoon salt
- 2.5 pounds shrimp deveined peeled
- 2 teaspoons vegetable oil

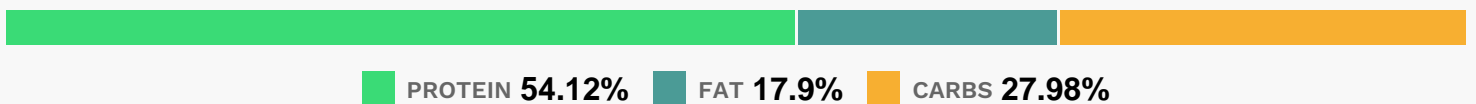
Equipment

- frying pan
- ziploc bags

Directions

- Combine first 8 ingredients in a small skillet, and place over medium-high heat. Cook 2 minutes, stirring constantly; stir in salt. Cool.
- Combine spice mixture and shrimp in a large zip-top plastic bag. Seal and marinate in refrigerator 1 to 2 hours.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add shrimp mixture; saut 7 minutes or until shrimp are done.
- Warm tortillas according to package directions. Spoon about 1/2 cup shrimp mixture down center of each tortilla; roll up.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:4.73, Inflammation Score:-10, Nutrition Score:9.4556521034759%

Nutrients (% of daily need)

Calories: 229.99kcal (11.5%), Fat: 4.59g (7.07%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 14.52g (5.28%), Sugar: 1.15g (1.28%), Cholesterol: 228.21mg (76.07%), Sodium: 536.88mg (23.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.24g (62.48%), Phosphorus: 373.17mg (37.32%), Copper: 0.6mg (30.17%), Manganese: 0.44mg (22.08%), Magnesium: 62.77mg (15.69%), Iron: 2.68mg (14.91%), Calcium: 149.02mg (14.9%), Zinc: 2.16mg (14.43%), Potassium: 450.75mg (12.88%), Vitamin B1: 0.16mg (10.57%), Selenium: 6.9µg (9.86%), Folate: 28.56µg (7.14%), Vitamin B3: 1.41mg (7.03%), Fiber: 1.63g (6.52%), Vitamin B2: 0.09mg

(5.35%), Vitamin K: 4.76µg (4.54%), Vitamin B6: 0.03mg (1.61%), Vitamin E: 0.16mg (1.04%)