



Jerk Shrimp Tacos with Pineapple Salsa, Slaw and Pina Colada Crema



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cabbage sliced
- ☐ 2 tablespoons full fat coconut cream
- ☐ 12 small corn tortillas warmed
- ☐ 0.5 cup pina colada crema (see below)
- ☐ 0.5 cup jerk marinade
- ☐ 3 tablespoons pineapple
- ☐ 1 tablespoon rum (or 1 teaspoon rum extract)

- ☐ 2 cups grilled pineapple salsa diced red (I added)
- ☐ 1 pound shrimp deveined peeled (16-20)
- ☐ 0.5 cup cup heavy whipping cream sour (or Greek yogurt)

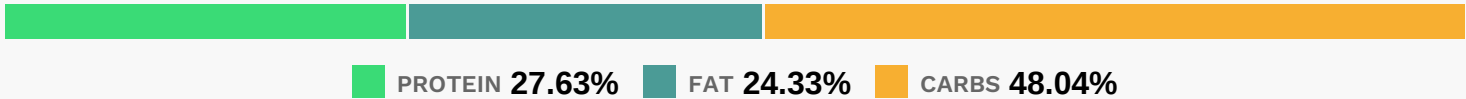
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Marinate the shrimp in the the jerk marinade for at least 20 minutes and up to over night.Skewer the shrimp and grill over medium-high heat until cooked, about 1-3 minutes per side.Toss the cabbage in half of the crema.Assemble tacos by placing the slaw on the tortillas, followed by the pineapple salsa and shrimp finally topping with a drizzle of crema.

Nutrition Facts



Properties

Glycemic Index:38.29, Glycemic Load:16.36, Inflammation Score:-10, Nutrition Score:38.584782434546%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 494.33kcal (24.72%), Fat: 14.62g (22.5%), Saturated Fat: 3.57g (22.31%), Carbohydrates: 64.98g (21.66%), Net Carbohydrates: 46.24g (16.82%), Sugar: 11.72g (13.02%), Cholesterol: 199.46mg (66.49%), Sodium: 1645.4mg (71.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.37g (74.74%), Vitamin A: 9568.59IU (191.37%), Vitamin E: 13.14mg (87.61%), Fiber: 18.74g (74.96%), Phosphorus: 671.05mg (67.1%), Vitamin K: 63.4µg (60.38%), Manganese: 1.2mg (60.01%), Vitamin B6: 1.09mg (54.71%), Copper: 1mg (49.76%), Potassium: 1487.75mg (42.51%), Magnesium: 169.79mg (42.45%), Iron: 7.6mg (42.2%), Calcium: 360.96mg (36.1%), Vitamin B3: 6.31mg (31.57%), Zinc: 4.35mg (29.03%), Vitamin B2: 0.46mg (26.95%), Vitamin C: 21mg (25.45%), Selenium: 14.55µg (20.79%), Vitamin B1: 0.23mg (15.37%), Folate: 37.9µg (9.48%), Vitamin B5: 0.81mg (8.1%), Vitamin B12: 0.17µg (2.92%)