



Mango and Shrimp Wraps

READY IN



45 min.

SERVINGS



4

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 10-inch flour tortillas ()
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 lb firm-ripe mango peeled cut into 1/3-inch cubes
- ☐ 0.3 cup mayonnaise
- ☐ 2.3 teaspoons salt
- ☐ 1.5 lb shrimp in shell deveined peeled per lb), and

- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 6 oz watercress

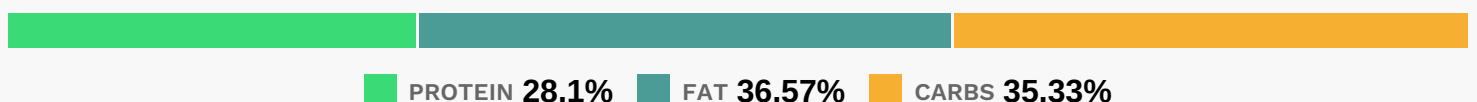
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Pulse sour cream, mayonnaise, basil, chives, 1/4 teaspoon salt, and pepper in a blender until herbs are finely chopped and mixture is pale green.
- ☐ Bring 2 quarts water, lemon juice, and remaining 2 teaspoons salt to a boil in a 3-quart saucepan, then poach shrimp, uncovered, at a bare simmer until just cooked through, about 3 minutes.
- ☐ Transfer shrimp with a slotted spoon to a bowl of ice and cold water to stop cooking.
- ☐ Let shrimp chill in water 2 minutes, then drain and pat dry. Coarsely chop shrimp, then add to dressing along with mango and stir to combine.
- ☐ Toast tortillas 1 at a time directly on burner (gas or electric) at moderately high heat, turning over and rotating with tongs, until puffed slightly and browned in spots but still flexible, 30 to 40 seconds.
- ☐ Transfer to a clean kitchen towel as toasted and stack, loosely wrapped in towel.
- ☐ Divide watercress among tortillas, arranging it across middle, then top with 1 1/4 cups shrimp salad. Tuck in ends of wraps, then roll up tightly to enclose filling.
- ☐ Cut wraps in half diagonally.

Nutrition Facts



Properties

Glycemic Index:78.69, Glycemic Load:18.99, Inflammation Score:-9, Nutrition Score:28.917391548986%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 10mg, Kaempferol: 10mg, Kaempferol: 10mg, Kaempferol: 10mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 12.84mg, Quercetin: 12.84mg, Quercetin: 12.84mg, Quercetin: 12.84mg

Nutrients (% of daily need)

Calories: 598.32kcal (29.92%), Fat: 24.65g (37.92%), Saturated Fat: 6.46g (40.36%), Carbohydrates: 53.58g (17.86%), Net Carbohydrates: 48.99g (17.82%), Sugar: 19.11g (21.23%), Cholesterol: 293mg (97.67%), Sodium: 2168.91mg (94.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.61g (85.21%), Vitamin K: 156.45µg (149%), Vitamin C: 62.33mg (75.55%), Vitamin A: 2860.79IU (57.22%), Phosphorus: 570.29mg (57.03%), Copper: 0.91mg (45.74%), Manganese: 0.62mg (31.16%), Folate: 123.84µg (30.96%), Calcium: 301.04mg (30.1%), Vitamin B1: 0.43mg (28.7%), Potassium: 909.75mg (25.99%), Selenium: 17.84µg (25.49%), Magnesium: 99.37mg (24.84%), Iron: 3.84mg (21.35%), Vitamin B3: 3.98mg (19.92%), Vitamin B2: 0.33mg (19.47%), Zinc: 2.92mg (19.45%), Fiber: 4.58g (18.33%), Vitamin E: 2.15mg (14.35%), Vitamin B6: 0.25mg (12.35%), Vitamin B5: 0.58mg (5.81%), Vitamin B12: 0.06µg (1.04%)