



Rock Shrimp Tacos

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup avocado chopped
- 0.5 cup julienne-cut bell pepper green
- 0.5 cup julienne-cut bell pepper red
- 0.5 cup julienne-cut bell pepper yellow
- 0.1 teaspoon chili powder
- 8 6-inch flour tortillas ()
- 0.1 teaspoon ground cumin
- 1 teaspoon hot sauce
- 0.3 cup cup heavy whipping cream sour low-fat

- 2 teaspoons olive oil
- 1 cup onion vertically sliced
- 0.3 teaspoon pepper
- 5 ounces rock shrimp deveined peeled
- 0.3 teaspoon salt

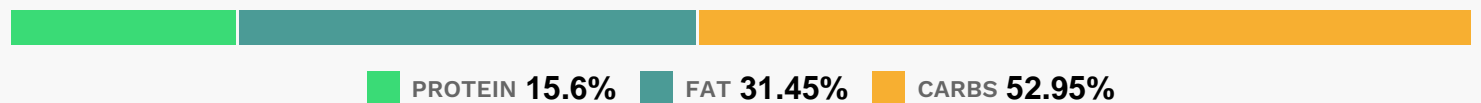
Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add shrimp; saute 2 minutes.
- Add onion and bell peppers; saute 3 minutes or until tender.
- Remove from heat; stir in hot sauce, salt, pepper, cumin, and chili powder.
- Heat tortillas according to package directions. Spoon 3/4 cup shrimp mixture onto each tortilla, and fold in half.
- Serve with avocado and sour cream.
- Garnish with cilantro, if desired.
- tacos, 1 tablespoon avocado, and 1 tablespoon sour cream

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:10.56, Inflammation Score:-8, Nutrition Score:17.667391100655%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg

Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg

Nutrients (% of daily need)

Calories: 291.42kcal (14.57%), Fat: 10.25g (15.77%), Saturated Fat: 3.27g (20.41%), Carbohydrates: 38.84g (12.95%), Net Carbohydrates: 34.49g (12.54%), Sugar: 5.26g (5.85%), Cholesterol: 49.68mg (16.56%), Sodium: 831mg (36.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.44g (22.88%), Vitamin C: 77.77mg (94.27%), Selenium: 24.65µg (35.21%), Phosphorus: 250.59mg (25.06%), Vitamin B1: 0.37mg (24.42%), Folate: 95.29µg (23.82%), Manganese: 0.46mg (22.85%), Vitamin B3: 3.95mg (19.77%), Fiber: 4.35g (17.39%), Vitamin A: 836.36IU (16.73%), Iron: 2.71mg (15.05%), Vitamin B6: 0.3mg (14.91%), Calcium: 144.08mg (14.41%), Vitamin B2: 0.24mg (14.25%), Potassium: 366.25mg (10.46%), Copper: 0.2mg (10.06%), Vitamin K: 10.42µg (9.92%), Vitamin E: 1.39mg (9.28%), Magnesium: 36.07mg (9.02%), Vitamin B12: 0.45µg (7.56%), Zinc: 0.97mg (6.48%), Vitamin B5: 0.5mg (5%)