



## Salsa-Shrimp Tacos

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup salsa thick
- 0.5 cup bell pepper green frozen chopped
- 0.8 lb shrimp frozen thawed deveined uncooked peeled
- 4.6 oz taco shells (12 Count)
- 3 oz cheddar cheese shredded
- 0.8 cup lettuce shredded
- 9 oz from 1 bottle old el mild taco sauce

### Equipment

frying pan

## Directions

- In 10-inch nonstick skillet, heat salsa and bell pepper over medium-high heat, stirring frequently, until warm.
- Stir in shrimp. Cook 3 to 4 minutes, turning shrimp occasionally, until shrimp are pink.
- Fill each taco shell with about 1/4 cup shrimp mixture. Top with cheese, lettuce and taco sauce.

## Nutrition Facts

**PROTEIN 30.26%** **FAT 37.17%** **CARBS 32.57%**

## Properties

Glycemic Index:18.33, Glycemic Load:8.48, Inflammation Score:-4, Nutrition Score:8.2073911985625%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 220.67kcal (11.03%), Fat: 9.21g (14.16%), Saturated Fat: 4.03g (25.16%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 15.79g (5.74%), Sugar: 2.21g (2.46%), Cholesterol: 104.75mg (34.92%), Sodium: 439.17mg (19.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.86g (33.72%), Phosphorus: 253mg (25.3%), Calcium: 173.18mg (17.32%), Magnesium: 59.23mg (14.81%), Copper: 0.28mg (14.07%), Vitamin C: 10.85mg (13.15%), Manganese: 0.25mg (12.57%), Zinc: 1.72mg (11.44%), Potassium: 367.21mg (10.49%), Fiber: 2.36g (9.44%), Vitamin B6: 0.14mg (7.08%), Vitamin A: 344.23IU (6.88%), Iron: 1.15mg (6.37%), Vitamin K: 6.68µg (6.36%), Folate: 21.99µg (5.5%), Selenium: 3.47µg (4.96%), Vitamin B1: 0.07mg (4.82%), Vitamin B3: 0.94mg (4.71%), Vitamin B2: 0.08mg (4.62%), Vitamin E: 0.64mg (4.29%), Vitamin B12: 0.17µg (2.91%), Vitamin B5: 0.12mg (1.21%)