



Seared Chipotle-Shrimp Tacos

 Gluten Free

READY IN



23 min.

SERVINGS



4

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon chili powder (such as McCormick)
- 1 teaspoon chipotle powder
- 8 5-inch corn tortillas ()
- 2 teaspoons cumin seeds
- 0.5 cup cilantro leaves fresh chopped
- 1 teaspoon garlic powder
- 1.5 cups lettuce shredded
- 3 tablespoons juice of lime fresh

- 0.5 cup cup heavy whipping cream sour reduced-fat
- 1 teaspoon onion powder
- 0.3 teaspoon salt
- 1.3 pounds shrimp deveined peeled
- 0.5 cup tomatillo salsa
- 0.5 cup tomatoes diced

Equipment

- bowl
- frying pan
- grill pan

Directions

- Combine first 6 ingredients in a large bowl.
- Add shrimp; toss to coat. In a separate bowl, toss together lettuce, cilantro, and lime juice; cover and chill.
- Heat a cast-iron grill pan or skillet over medium-high heat. Coat pan with cooking spray; add shrimp, and cook 3 to 4 minutes per side or until shrimp are done.
- Warm tortillas according to package directions.
- Divide shrimp evenly among tortillas. Top each tortilla with 1/4 cup lettuce mixture, 1 tablespoon diced tomato, 1 tablespoon tomatillo salsa, and 1 tablespoon sour cream; fold tortillas in half.

Nutrition Facts



Properties

Glycemic Index:40.63, Glycemic Load:6.77, Inflammation Score:-7, Nutrition Score:12.330869462179%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 265.97kcal (13.3%), Fat: 5.62g (8.65%), Saturated Fat: 2.24g (14.03%), Carbohydrates: 22.95g (7.65%), Net Carbohydrates: 19.63g (7.14%), Sugar: 3.49g (3.88%), Cholesterol: 238.28mg (79.43%), Sodium: 579.52mg (25.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.36g (64.73%), Phosphorus: 452.48mg (45.25%), Copper: 0.66mg (33.03%), Magnesium: 87.9mg (21.98%), Potassium: 710.97mg (20.31%), Vitamin A: 1011.99IU (20.24%), Calcium: 182.84mg (18.28%), Zinc: 2.7mg (18%), Vitamin K: 15.52µg (14.78%), Manganese: 0.28mg (14.22%), Fiber: 3.32g (13.3%), Iron: 2.27mg (12.61%), Vitamin C: 8.76mg (10.62%), Vitamin B6: 0.15mg (7.64%), Vitamin E: 0.82mg (5.49%), Vitamin B1: 0.08mg (5.26%), Vitamin B2: 0.09mg (5.02%), Selenium: 3.47µg (4.95%), Folate: 18.85µg (4.71%), Vitamin B3: 0.87mg (4.33%), Vitamin B12: 0.12µg (2.01%), Vitamin B5: 0.12mg (1.2%)