



Seviche-Style Shrimp and Avocado Tacos

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup avocado diced peeled (1 avocado)
- 0.3 teaspoon pepper black
- 12 6-inch corn tortillas ()
- 0.5 cup cilantro leaves fresh chopped
- 3 garlic cloves minced
- 3 limes
- 0.8 teaspoon salt
- 1 pound shrimp cooked peeled

1 cup tomatoes seeded chopped

Equipment

bowl

Directions

Finely grate rind from limes to measure 1 tablespoon; juice limes to measure 1/4 cup.

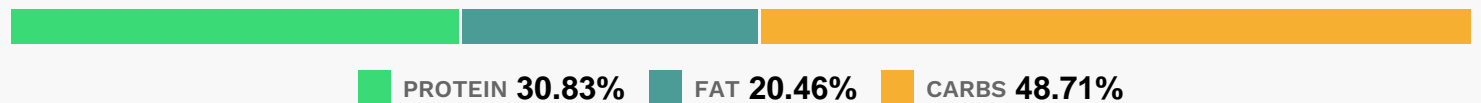
Place rind and juice in a large bowl.

Add tomato and remaining ingredients except tortillas; toss well to combine. Cover and chill for 15 minutes, stirring occasionally.

Heat tortillas according to package directions. Spoon about 1/2 cup shrimp mixture down center of each tortilla; fold in half.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.42, Glycemic Load:11.47, Inflammation Score:-5, Nutrition Score:11.191739185997%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 234.89kcal (11.74%), Fat: 5.68g (8.73%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 30.41g (10.14%), Net Carbohydrates: 24.13g (8.77%), Sugar: 1.87g (2.08%), Cholesterol: 121.71mg (40.57%), Sodium: 408.59mg (17.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.24g (38.49%), Phosphorus: 353.12mg (35.31%), Fiber: 6.28g (25.11%), Copper: 0.47mg (23.42%), Vitamin C: 16.48mg (19.97%), Magnesium: 76.76mg (19.19%), Manganese: 0.3mg (15.15%), Potassium: 524.7mg (14.99%), Zinc: 1.96mg (13.06%), Vitamin B6: 0.23mg (11.66%), Vitamin K: 11.71µg

(11.15%), Calcium: 111.2mg (11.12%), Iron: 1.5mg (8.32%), Folate: 30.14µg (7.54%), Vitamin B3: 1.46mg (7.28%), Vitamin A: 351.72IU (7.03%), Vitamin E: 0.91mg (6.04%), Vitamin B1: 0.09mg (5.92%), Selenium: 3.64µg (5.19%), Vitamin B5: 0.52mg (5.16%), Vitamin B2: 0.08mg (4.8%)