



## Shrimp and Mango Taco Salads

 **Gluten Free**  **Dairy Free**

READY IN



**30 min.**

SERVINGS



**6**

CALORIES



**326 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.7 cup limeade concentrate frozen thawed (from 12-oz can)
- 1 oz taco seasoning
- 3 tablespoons vegetable oil
- 1.5 teaspoons hot sauce red
- 1 lb shrimp frozen dry with tails left on, if desired), thawed and patted , if deveined uncooked peeled
- 9 oz the of 1 cos lettuce green
- 15 oz black beans rinsed drained canned
- 1.5 cups mangos peeled

- 1 cup bell pepper red coarsely chopped
- 1 medium avocado peeled coarsely chopped
- 1 serving tortilla chips

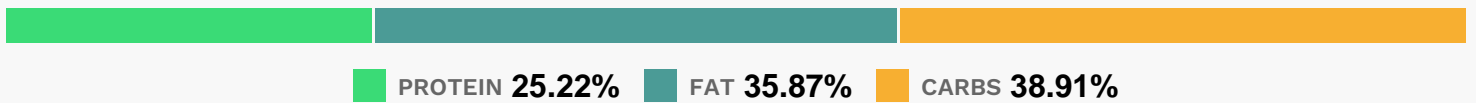
## Equipment

- bowl
- frying pan

## Directions

- In container with tight-fitting cover, shake limeade concentrate, 1 tablespoon of the taco seasoning mix, the oil and red pepper sauce. Set aside.
- In medium bowl, toss shrimp with remaining taco seasoning mix until evenly coated.
- Heat 10-inch skillet over medium-high heat.
- Add shrimp; cook and stir, scraping any seasoning from bottom of pan, 3 to 6 minutes, or until shrimp are pink.
- Divide lettuce among 6 dinner plates. Top with shrimp, black beans, mango, bell pepper and avocado.
- Drizzle with dressing.
- Serve with tortilla chips.

## Nutrition Facts



## Properties

Glycemic Index:20.63, Glycemic Load:3.42, Inflammation Score:-10, Nutrition Score:23.719130588614%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

## **Nutrients (% of daily need)**

Calories: 326.19kcal (16.31%), Fat: 13.64g (20.99%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 33.3g (11.1%), Net Carbohydrates: 22.95g (8.35%), Sugar: 12g (13.33%), Cholesterol: 121.71mg (40.57%), Sodium: 793.04mg (34.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.58g (43.17%), Vitamin A: 5424.47IU (108.49%), Vitamin C: 57.49mg (69.69%), Vitamin K: 67.08µg (63.88%), Fiber: 10.35g (41.41%), Folate: 158.26µg (39.56%), Phosphorus: 291.62mg (29.16%), Copper: 0.57mg (28.75%), Potassium: 819.76mg (23.42%), Magnesium: 78.56mg (19.64%), Manganese: 0.36mg (17.91%), Iron: 2.91mg (16.14%), Vitamin E: 2.23mg (14.9%), Vitamin B6: 0.29mg (14.45%), Zinc: 1.88mg (12.5%), Vitamin B1: 0.18mg (12.31%), Vitamin B2: 0.2mg (11.69%), Calcium: 103.09mg (10.31%), Vitamin B5: 0.88mg (8.76%), Vitamin B3: 1.72mg (8.59%), Selenium: 1.73µg (2.47%)