



## Shrimp-Avocado Tacos



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon chili powder hot mexican-style
- ☐ 12 7-inch corn tortillas fresh
- ☐ 1 small head green-leaf lettuce
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 hass avocados ripe
- ☐ 1 lime quartered
- ☐ 1 small onion
- ☐ 0.5 teaspoon salt

- ☐ 1 pound easy-peel shrimp peeled halved lengthwise
- ☐ 1 medium to 2 tomatoes diced finely
- ☐ 0.5 tablespoon vegetable oil

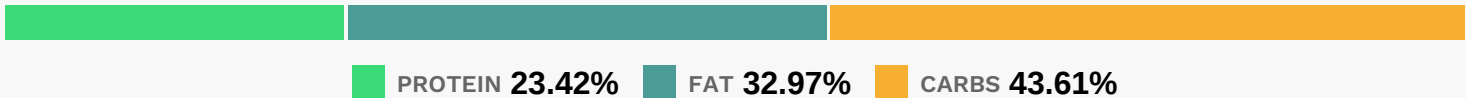
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 325F. Wrap tortillas in foil and place in oven.
- ☐ Halve and pit avocados. Score flesh with a knife to make small, diced pieces and then scoop pieces into a bowl. Squeeze in juice from lime quarters, add diced tomatoes and salt and toss mixture gently. Set aside.
- ☐ Finely chop onion and put pieces in a small bowl. Slice lettuce into small, thin ribbons and put in a separate bowl.
- ☐ Heat oil in a heavy skillet over medium-high heat until hot but not smoking.
- ☐ Add prepared shrimp and sprinkle chili powder and cumin on top; cook, stirring, until shrimp is pink and curls up, 2 to 3 minutes.
- ☐ Transfer cooked shrimp to a bowl.
- ☐ Remove tortillas from oven.
- ☐ Serve warm tortillas with shrimp, lettuce, onion, and avocado-tomato mixture in serving dishes.

## Nutrition Facts



## Properties

Glycemic Index:48.13, Glycemic Load:20.98, Inflammation Score:-10, Nutrition Score:32.706087236819%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg

Nutrients (% of daily need)

Calories: 521.44kcal (26.07%), Fat: 20.25g (31.15%), Saturated Fat: 3.02g (18.85%), Carbohydrates: 60.26g (20.09%), Net Carbohydrates: 44.78g (16.28%), Sugar: 4.11g (4.57%), Cholesterol: 182.57mg (60.86%), Sodium: 513.61mg (22.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.36g (64.72%), Vitamin A: 7229.51IU (144.59%), Vitamin K: 140.77µg (134.07%), Phosphorus: 650.11mg (65.01%), Fiber: 15.48g (61.9%), Copper: 0.86mg (42.81%), Manganese: 0.8mg (40.22%), Magnesium: 159.62mg (39.9%), Potassium: 1275.33mg (36.44%), Vitamin C: 28.73mg (34.83%), Folate: 130µg (32.5%), Vitamin B6: 0.62mg (31.02%), Zinc: 3.76mg (25.04%), Calcium: 214.01mg (21.4%), Vitamin E: 3.1mg (20.67%), Iron: 3.61mg (20.05%), Vitamin B3: 3.88mg (19.39%), Vitamin B5: 1.71mg (17.14%), Vitamin B2: 0.29mg (16.85%), Vitamin B1: 0.25mg (16.71%), Selenium: 7.25µg (10.36%)