



Shrimp Chalupa with Mango Salsa

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

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon chipotle chile powder
- 0.5 teaspoon chili powder
- 8 6-inch corn tortillas ()
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon juice of lime fresh
- 1 cup mangos peeled chopped
- 1.5 tablespoons olive oil divided
- 3 tablespoons prechopped onion red

- 0.8 teaspoon salt divided
- 1.3 pounds shrimp deveined peeled

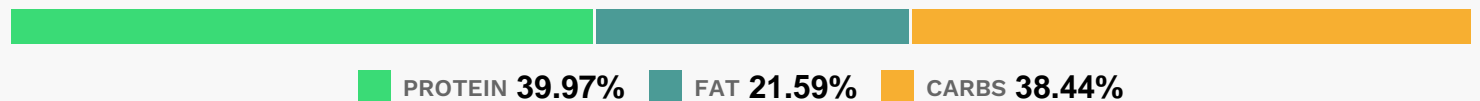
Equipment

- bowl
- frying pan
- paper towels

Directions

- Combine the first 4 ingredients in a bowl, and stir in 1/4 teaspoon salt. Set aside.
- Combine remaining 1/2 teaspoon salt, chili powder, chipotle powder, and shrimp in a large bowl.
- Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- Add shrimp to pan; cook 2 minutes on each side or until shrimp are done.
- Remove shrimp from pan; keep warm.
- Wipe pan clean with a paper towel. Return pan to heat; add 1 teaspoon oil to pan.
- Place 3 tortillas in pan; cook 30 seconds on each side or until tortillas puff slightly. Repeat procedure with remaining oil and tortillas.
- Place 2 tortillas on each of 4 plates, and arrange 4 shrimp on each tortilla. Top shrimp with about 2 tablespoons mango mixture, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.31, Glycemic Load:13.07, Inflammation Score:-6, Nutrition Score:11.803043365479%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg 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 Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg,

Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 310.71kcal (15.54%), Fat: 7.67g (11.8%), Saturated Fat: 1.16g (7.22%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 26.48g (9.63%), Sugar: 6.64g (7.38%), Cholesterol: 228.21mg (76.07%), Sodium: 633.46mg (27.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.96g (63.92%), Phosphorus: 475.94mg (47.59%), Copper: 0.69mg (34.37%), Magnesium: 92.66mg (23.17%), Vitamin C: 16.75mg (20.3%), Zinc: 2.65mg (17.64%), Fiber: 4.26g (17.04%), Potassium: 561.63mg (16.05%), Calcium: 140.91mg (14.09%), Manganese: 0.26mg (12.94%), Vitamin A: 537.01IU (10.74%), Vitamin E: 1.38mg (9.22%), Vitamin B6: 0.18mg (8.95%), Iron: 1.54mg (8.57%), Folate: 22.33µg (5.58%), Vitamin K: 5.83µg (5.55%), Vitamin B3: 1.1mg (5.51%), Selenium: 3.51µg (5.02%), Vitamin B1: 0.07mg (4.37%), Vitamin B2: 0.05mg (3.22%), Vitamin B5: 0.16mg (1.55%)