



## Shrimp Cocktail Tacos

READY IN



20 min.

SERVINGS



1

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup black bean and corn salsa prepared
- 1 serving cilantro leaves fresh for serving, optional
- 0.3 cup lettuce shredded
- 3 ounces ready-to-eat shrimp cooked chopped
- 1 serving cup heavy whipping cream fat-free sour
- 2 corn taco shells

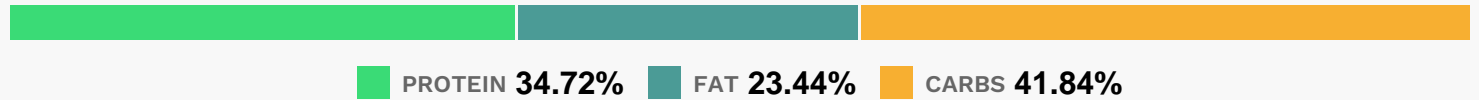
### Equipment

- bowl

## Directions

- Watch how to make this recipe.
- Mix shrimp and black bean salsa in a bowl, cover, and refrigerate for about 15 minutes.
- Evenly distribute lettuce and shrimp-salsa mixture between taco shells.
- Garnish with cilantro and top with sour cream, if using. Now chomp!

## Nutrition Facts



## Properties

Glycemic Index:132, Glycemic Load:9.37, Inflammation Score:-3, Nutrition Score:7.3213043595138%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 282.88kcal (14.14%), Fat: 7.38g (11.36%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 29.66g (9.89%), Net Carbohydrates: 24.46g (8.89%), Sugar: 7.57g (8.41%), Cholesterol: 139.09mg (46.36%), Sodium: 216.43mg (9.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.61g (49.22%), Phosphorus: 264.37mg (26.44%), Fiber: 5.2g (20.82%), Copper: 0.37mg (18.41%), Magnesium: 53.37mg (13.34%), Iron: 2.13mg (11.83%), Calcium: 111.74mg (11.17%), Zinc: 1.67mg (11.16%), Potassium: 336.83mg (9.62%), Manganese: 0.19mg (9.39%), Vitamin K: 6.71µg (6.39%), Folate: 24.48µg (6.12%), Vitamin B1: 0.07mg (4.59%), Vitamin B2: 0.06mg (3.52%), Selenium: 2.44µg (3.49%), Vitamin A: 162.39IU (3.25%), Vitamin B6: 0.06mg (3.06%), Vitamin B3: 0.49mg (2.44%), Vitamin E: 0.2mg (1.34%), Vitamin B12: 0.07µg (1.2%)