



Shrimp Soft Taco With Mango Lime Salsa

READY IN



45 min.

SERVINGS



1

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.1 teaspoon cayenne pepper
- 1 10-inch flour tortilla ()
- 3 tablespoons cilantro leaves fresh divided chopped
- 1 tablespoon juice of lime fresh
- 1.8 cups mangos ripe cubed peeled
- 1 teaspoon olive oil extra-virgin
- 0.5 medium onion red divided
- 0.1 teaspoon salt

- 0.3 pound shrimp deveined peeled (10)
- 1 tablespoon cup heavy whipping cream fat-free sour

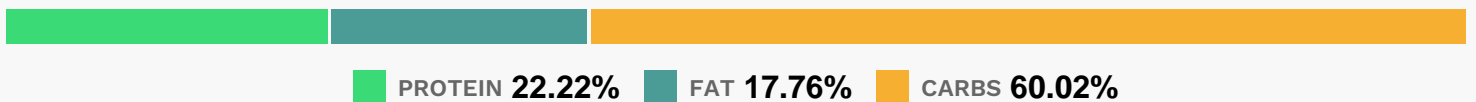
Equipment

- bowl
- frying pan
- paper towels
- microwave

Directions

- Slice onion half lengthwise into two quarters. Finely mince one of the quarters; reserve for salsa.
- Cut remaining onion into 1/4-inch-thick slices; set aside.
- To prepare the salsa, combine minced onion, mango, 2 tablespoons cilantro, 1 tablespoon lime juice, salt, and cayenne pepper in a small bowl. Cover and refrigerate.
- To prepare shrimp, heat oil in a large nonstick skillet over medium heat.
- Add sliced onion; cook 3 minutes or until tender, stirring occasionally.
- Add shrimp; saut 3 minutes or until done.
- Remove from heat. Season with black pepper, 1 tablespoon lime juice, and 1 tablespoon cilantro.
- To serve, cover tortilla with a damp paper towel; microwave on HIGH 20 seconds.
- Spread sour cream onto tortilla. Top with shrimp mixture and salsa.

Nutrition Facts



Properties

Glycemic Index:208.75, Glycemic Load:32.13, Inflammation Score:-10, Nutrition Score:28.923478359761%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Catechin: 4.97mg, Catechin: 4.97mg, Catechin: 4.97mg, Catechin: 4.97mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 11.88mg, Quercetin: 11.88mg, Quercetin: 11.88mg, Quercetin: 11.88mg

Nutrients (% of daily need)

Calories: 555.13kcal (27.76%), Fat: 11.37g (17.49%), Saturated Fat: 3.01g (18.8%), Carbohydrates: 86.44g (28.81%), Net Carbohydrates: 78.24g (28.45%), Sugar: 44.81g (49.79%), Cholesterol: 183.65mg (61.22%), Sodium: 963.86mg (41.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.01g (64.01%), Vitamin C: 114.09mg (138.3%), Vitamin A: 3297.83IU (65.96%), Folate: 204.15µg (51.04%), Phosphorus: 458.08mg (45.81%), Copper: 0.87mg (43.54%), Manganese: 0.68mg (33.95%), Fiber: 8.2g (32.78%), Vitamin B1: 0.47mg (31.22%), Potassium: 997.49mg (28.5%), Selenium: 18.3µg (26.15%), Vitamin B3: 5.15mg (25.73%), Calcium: 238.6mg (23.86%), Vitamin B6: 0.46mg (23.23%), Magnesium: 92.8mg (23.2%), Vitamin K: 24.12µg (22.97%), Vitamin E: 3.29mg (21.92%), Iron: 3.8mg (21.12%), Vitamin B2: 0.35mg (20.34%), Zinc: 2.33mg (15.52%), Vitamin B5: 0.78mg (7.8%)