



Shrimp Tacos

READY IN



40 min.

SERVINGS



30

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.5 cups d broccoli slaw mix
- 0.3 cup canola oil
- 1 tablespoon chili powder
- 2 tablespoons cilantro leaves chopped
- 2 teaspoons cumin
- 8 6-inch flour tortillas
- 1 teaspoon garlic powder
- 1 tablespoon brown sugar light packed
- 1 tablespoon juice of lime

- 1 teaspoon lime zest grated
- 0.3 cup mayonnaise reduced-fat
- 0.3 cup cup heavy whipping cream sour low-fat
- 1 teaspoon onion powder
- 0.5 teaspoon oregano dried
- 0.5 onion red thinly sliced
- 0.8 cup tomato salsa prepared
- 0.5 teaspoon salt
- 30 servings salt
- 1 pound shrimp deveined uncooked peeled

Equipment

- bowl
- frying pan
- oven
- whisk
- aluminum foil

Directions

- Make filling: In a large bowl, thoroughly combine all filling ingredients, except shrimp.
- Add shrimp and toss to coat. Cover and refrigerate for 30 minutes.
- Make slaw: In a large bowl, whisk mayonnaise, sour cream, lime juice, chile and adobo sauce.
- Add broccoli slaw mix, onion and cilantro.
- Mix well. Season with salt. Cover and refrigerate.
- Preheat oven to 300F. Wrap tortillas in foil and bake for 10 minutes to soften.
- Place a skillet large enough to hold shrimp in a single layer over medium heat. Cook shrimp until just opaque and cooked through, 3 to 5 minutes, turning once.
- Divide shrimp among tortillas, top with slaw and 1 Tbsp. salsa.

Nutrition Facts

PROTEIN 23.81% FAT 41.8% CARBS 34.39%

Properties

Glycemic Index:4.67, Glycemic Load:1.29, Inflammation Score:-2, Nutrition Score:3.1952173722017%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 69.71kcal (3.49%), Fat: 3.32g (5.11%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 5.57g (2.03%), Sugar: 1.12g (1.25%), Cholesterol: 25.31mg (8.44%), Sodium: 376.55mg (16.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.51%), Vitamin C: 9.26mg (11.22%), Phosphorus: 61.56mg (6.16%), Manganese: 0.09mg (4.47%), Copper: 0.08mg (4.14%), Folate: 15.43µg (3.86%), Vitamin E: 0.57mg (3.79%), Vitamin K: 3.78µg (3.6%), Iron: 0.65mg (3.6%), Vitamin B1: 0.05mg (3.52%), Calcium: 34.51mg (3.45%), Selenium: 2.34µg (3.35%), Potassium: 115.83mg (3.31%), Vitamin A: 159.91IU (3.2%), Magnesium: 12.01mg (3%), Vitamin B3: 0.53mg (2.66%), Vitamin B2: 0.04mg (2.48%), Fiber: 0.57g (2.29%), Zinc: 0.34mg (2.24%), Vitamin B6: 0.04mg (2.14%)