



## Shrimp Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 tablespoons peppercorns black
- ☐ 12 6-inch corn tortillas ()
- ☐ 0.5 cup cilantro leaves fresh coarsely chopped
- ☐ 0.5 cup green onions chopped
- ☐ 1 teaspoon ground pepper red
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 limes quartered

- ☐ 0.5 cup cup heavy whipping cream    sour reduced-fat
- ☐ 1 tablespoon salt
- ☐ 1 pound shrimp    deveined peeled
- ☐ 0.8 cup tomatoes    peeled chopped
- ☐ 3 quarts water

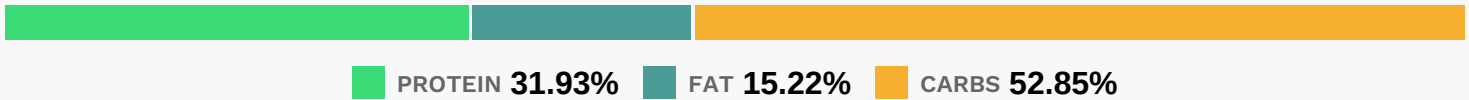
Equipment

- ☐ dutch oven
- ☐ cheesecloth

Directions

- ☐ Place the peppercorns on a double layer of cheesecloth. Gather edges of cheesecloth together, and tie securely.
- ☐ Combine cheesecloth bag, water, salt, red pepper, and lime quarters in a Dutch oven. Bring to a boil; cook 2 minutes.
- ☐ Add shrimp; cook 2 minutes or until done.
- ☐ Drain. Discard cheesecloth bag and lime quarters.
- ☐ Combine shrimp, cilantro, lime juice, and jalapeo pepper, tossing well to coat.
- ☐ Heat tortillas according to package directions. Spoon 1/3 cup shrimp mixture into each tortilla; top each taco with 1 tablespoon tomato, 2 teaspoons sour cream, and 2 teaspoons onions.

Nutrition Facts



Properties

Glycemic Index:60.63, Glycemic Load:17.13, Inflammation Score:-7, Nutrition Score:21.083912771681%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 15.76mg, Hesperetin: 15.76mg, Hesperetin: 15.76mg, Hesperetin: 15.76mg Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 352.97kcal (17.65%), Fat: 6.36g (9.79%), Saturated Fat: 2.51g (15.69%), Carbohydrates: 49.73g (16.58%), Net Carbohydrates: 40.85g (14.86%), Sugar: 3.21g (3.56%), Cholesterol: 192.63mg (64.21%), Sodium: 2043.51mg (88.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.04g (60.08%), Manganese: 1.33mg (66.74%), Phosphorus: 544.58mg (54.46%), Vitamin K: 47.19µg (44.94%), Copper: 0.86mg (42.91%), Fiber: 8.88g (35.53%), Magnesium: 131.2mg (32.8%), Vitamin C: 26.45mg (32.06%), Calcium: 270.54mg (27.05%), Potassium: 806.19mg (23.03%), Zinc: 3.04mg (20.25%), Iron: 3.23mg (17.96%), Vitamin B6: 0.31mg (15.35%), Vitamin A: 721.91IU (14.44%), Vitamin B3: 1.86mg (9.32%), Vitamin B1: 0.14mg (9.22%), Selenium: 6.37µg (9.1%), Vitamin B2: 0.15mg (8.99%), Vitamin E: 1.2mg (7.99%), Folate: 26.91µg (6.73%), Vitamin B5: 0.37mg (3.67%), Vitamin B12: 0.12µg (2.01%)