



Shrimp Tacos



Dairy Free



Popular

READY IN



47 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado diced pitted ripe peeled
- ☐ 4 10-inch flour tortillas warmed ()
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 0.3 cup honey butter
- ☐ 2 tablespoons juice of lime
- ☐ 1 mangos diced peeled seeded
- ☐ 0.3 cup onion red chopped

- ☐ 0.5 teaspoon salt
- ☐ 1 pound salad shrimp
- ☐ 2 tomatoes diced

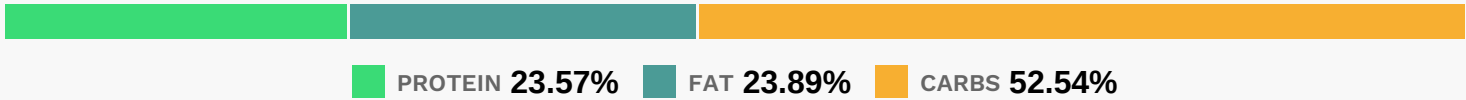
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Toss the mango, avocado, tomatoes, cilantro, onion, garlic, salt, and lime juice together in a bowl. Cover and refrigerate for 30 minutes.
- ☐ Melt the honey butter in a skillet over medium-high heat.
- ☐ Add the shrimp; cook and stir until pink and opaque, 2 to 3 minutes.
- ☐ To serve, place a few shrimp onto a warm tortilla, top with mango salsa and fold up. Repeat with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:76.26, Glycemic Load:25.03, Inflammation Score:-8, Nutrition Score:22.478695662125%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg 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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 507.21kcal (25.36%), Fat: 13.91g (21.41%), Saturated Fat: 3.3g (20.63%), Carbohydrates: 68.86g (22.95%), Net Carbohydrates: 61.13g (22.23%), Sugar: 29.62g (32.91%), Cholesterol: 182.57mg (60.86%), Sodium: 950.64mg (41.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.89g (61.79%), Phosphorus: 444.21mg (44.42%), Vitamin C: 36.63mg (44.39%), Copper: 0.73mg (36.52%), Folate: 142.36µg (35.59%), Manganese: 0.64mg (31.77%), Fiber: 7.73g (30.91%), Vitamin B1: 0.44mg (29.02%), Vitamin K: 28.95µg (27.57%), Potassium: 917.17mg (26.2%), Vitamin A: 1284.71IU (25.69%), Selenium: 16.69µg (23.84%), Vitamin B3: 4.77mg (23.83%), Iron: 3.85mg (21.38%), Magnesium: 84.72mg (21.18%), Calcium: 202.86mg (20.29%), Vitamin B2: 0.31mg (18.33%), Vitamin B6: 0.33mg (16.6%), Zinc: 2.47mg (16.46%), Vitamin E: 1.91mg (12.72%), Vitamin B5: 1.03mg (10.3%)