



Shrimp Tacos with Chipotle Slaw

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups cabbage thinly sliced
- ☐ 2 cups carrots thinly sliced
- ☐ 4 servings chipotle slaw
- ☐ 3 teaspoons chipotle pepper
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ground cumin
- ☐ 0.3 cup heavy cream
- ☐ 1 lime

- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons onion grated
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper
- ☐ 24 medium shrimp deveined peeled
- ☐ 8 tortillas

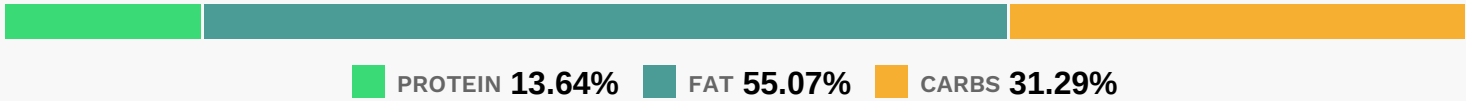
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ To make the slaw: In a medium bowl combine the mayonnaise, heavy cream, chipotle pepper and salt.
- ☐ Add the cabbage, carrots and onions to the mayo mixture and mix well. Set aside.In a medium bowl mix the cumin, olive oil, lime juice, salt and pepper.
- ☐ Add the shrimp and toss to coat.
- ☐ Place the shrimp in a large skillet over medium–high heat. Cook for about 2 minutes on each side or until the shrimp are cooked.To serve, spoon chipotle slaw on the tortilla, then top with shrimp and fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:67.71, Glycemic Load:12.78, Inflammation Score:–10, Nutrition Score:24.686521693416%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.25mg, Isorhamnetin:

0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 574.44kcal (28.72%), Fat: 35.7g (54.93%), Saturated Fat: 9.13g (57.05%), Carbohydrates: 45.65g (15.22%), Net Carbohydrates: 38.33g (13.94%), Sugar: 10.03g (11.14%), Cholesterol: 125.17mg (41.72%), Sodium: 1144.09mg (49.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.89g (39.78%), Vitamin A: 11142.64IU (222.85%), Vitamin K: 107.29µg (102.18%), Vitamin C: 28.98mg (35.13%), Phosphorus: 315.47mg (31.55%), Fiber: 7.31g (29.26%), Manganese: 0.56mg (28.06%), Vitamin B1: 0.4mg (26.66%), Folate: 96.81µg (24.2%), Iron: 4.17mg (23.15%), Selenium: 14.88µg (21.26%), Calcium: 202.43mg (20.24%), Copper: 0.37mg (18.67%), Vitamin B3: 3.54mg (17.72%), Potassium: 608.92mg (17.4%), Vitamin B2: 0.27mg (16.09%), Vitamin E: 2.2mg (14.65%), Magnesium: 57.03mg (14.26%), Vitamin B6: 0.22mg (10.95%), Zinc: 1.56mg (10.38%), Vitamin B5: 0.52mg (5.24%), Vitamin D: 0.29µg (1.96%)