



Shrimp Tacos with Green Apple Salsa

 Gluten Free

READY IN



49 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 6-inch corn tortillas ()
- ☐ 1 apples i use 2 granny smith apples thinly sliced
- ☐ 0.3 cup spring onion sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 jalapeno minced seeded
- ☐ 4 teaspoons juice of lime fresh divided
- ☐ 0.5 teaspoon lime zest grated

- ☐ 1.5 tablespoons olive oil divided
- ☐ 1 ounce queso fresco crumbled
- ☐ 0.3 teaspoon salt divided
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.3 teaspoon paprika smoked hot

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Combine 1 tablespoon olive oil, 2 teaspoons lime juice, cumin, paprika, and red pepper in a small bowl.
- ☐ Combine shrimp and spice mixture in a zip-top plastic bag, and seal.
- ☐ Let stand 15 minutes.
- ☐ Combine 1 1/2 teaspoons oil, 2 teaspoons juice, onions, 1/8 teaspoon salt, rind, apple, and jalapeo; toss.
- ☐ Remove shrimp from bag; discard marinade.
- ☐ Heat a grill pan over medium-high heat.
- ☐ Sprinkle shrimp with 1/8 teaspoon salt. Arrange half of shrimp in pan; grill 2 minutes on each side or until done.
- ☐ Remove from pan; keep warm. Repeat procedure with remaining shrimp. Toast the tortillas in grill pan, if desired.
- ☐ Place 2 tortillas on each of 4 plates, and divide shrimp evenly among tortillas. Divide salsa evenly among tacos, and top with queso fresco.

Nutrition Facts



 **PROTEIN 34.61%**  **FAT 26.05%**  **CARBS 39.34%**

Properties

Glycemic Index:57.63, Glycemic Load:11.91, Inflammation Score:-5, Nutrition Score:11.503043418345%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 307.24kcal (15.36%), Fat: 9.17g (14.11%), Saturated Fat: 2.02g (12.6%), Carbohydrates: 31.16g (10.39%), Net Carbohydrates: 26.36g (9.59%), Sugar: 5.81g (6.46%), Cholesterol: 187.46mg (62.49%), Sodium: 359.35mg (15.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.42g (54.84%), Phosphorus: 444.36mg (44.44%), Copper: 0.55mg (27.53%), Vitamin K: 22.37µg (21.3%), Magnesium: 84.59mg (21.15%), Fiber: 4.8g (19.2%), Calcium: 166.52mg (16.65%), Zinc: 2.46mg (16.39%), Potassium: 499.39mg (14.27%), Manganese: 0.25mg (12.53%), Vitamin C: 9.49mg (11.5%), Iron: 1.59mg (8.81%), Vitamin E: 1.27mg (8.47%), Vitamin B6: 0.17mg (8.3%), Selenium: 4.64µg (6.62%), Vitamin A: 321.34IU (6.43%), Vitamin B3: 0.95mg (4.74%), Vitamin B1: 0.07mg (4.57%), Vitamin B2: 0.07mg (4.17%), Folate: 11.47µg (2.87%), Vitamin B12: 0.12µg (1.98%), Vitamin B5: 0.14mg (1.37%), Vitamin D: 0.19µg (1.28%)