



Shrimp Tacos with Grilled Corn Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups thinly cabbage shredded
- ☐ 4 servings grilled corn salsa
- ☐ 8 corn tortillas
- ☐ 2 teaspoons juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 tablespoon taco seasoning

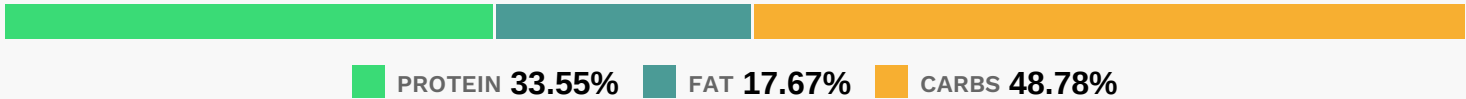
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Combine first 4 ingredients in a bowl. Cover and let stand 30 minutes.
- ☐ Grill, covered with grill lid, over medium-high heat (40
- ☐ to 3 minutes on each side or until shrimp turn pink.
- ☐ Wrap tortillas in foil; grill until warm.
- ☐ Assemble tacos with tortillas, cabbage, and shrimp. Top with Grilled Corn Salsa.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:18.51, Inflammation Score:-5, Nutrition Score:14.160000096197%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 325.16kcal (16.26%), Fat: 6.75g (10.39%), Saturated Fat: 1g (6.23%), Carbohydrates: 41.94g (13.98%), Net Carbohydrates: 35.81g (13.02%), Sugar: 5.23g (5.81%), Cholesterol: 182.57mg (60.86%), Sodium: 215.96mg (9.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.84g (57.68%), Phosphorus: 474.69mg (47.47%), Copper: 0.57mg (28.43%), Vitamin K: 29.03µg (27.65%), Magnesium: 101.55mg (25.39%), Fiber: 6.13g (24.51%), Vitamin C: 18.08mg (21.91%), Manganese: 0.39mg (19.6%), Zinc: 2.74mg (18.29%), Potassium: 626.41mg (17.9%), Vitamin B6: 0.27mg (13.26%), Calcium: 131.39mg (13.14%), Vitamin B3: 2.16mg (10.81%), Iron: 1.8mg (10.02%), Vitamin B1: 0.14mg (9.5%), Folate: 35.61µg (8.9%), Vitamin B5: 0.74mg (7.44%), Vitamin A: 297.73IU (5.95%), Vitamin B2: 0.09mg (5.42%), Vitamin E: 0.78mg (5.18%), Selenium: 3.43µg (4.91%)