



## Shrimp Tacos with Lime Crema

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon chili powder
- 8 6-inch corn tortillas warmed ()
- 0.3 teaspoon ground cumin
- 2 cups lettuce shredded
- 1 tablespoon juice of lime
- 0.5 cup heavy whipping cream sour reduced-fat
- 1 teaspoon olive oil
- 0.1 teaspoon pepper

- 0.3 cup onion diced red finely
- 1 pound shrimp deveined peeled

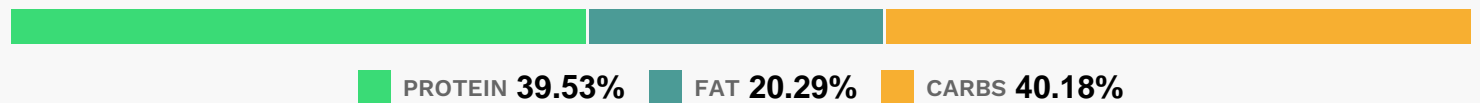
## Equipment

- bowl
- frying pan

## Directions

- In a medium bowl, toss shrimp with chili powder, cumin, and pepper. In a small bowl, stir together sour cream and 1 tablespoon lime juice.
- Heat olive oil in a large nonstick skillet over medium heat; saut shrimp 3 minutes, turning once, or until done.
- Remove from heat; toss with 1 tablespoon lime juice. Fill warmed corn tortillas with shredded lettuce, shrimp mixture and diced red onion; drizzle tacos with lime crema.

## Nutrition Facts



## Properties

Glycemic Index:36.63, Glycemic Load:10.48, Inflammation Score:-4, Nutrition Score:10.338695691979%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg 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: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

## Nutrients (% of daily need)

Calories: 268.64kcal (13.43%), Fat: 6.22g (9.57%), Saturated Fat: 2.4g (15.02%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 23.74g (8.63%), Sugar: 1.73g (1.92%), Cholesterol: 192.63mg (64.21%), Sodium: 188.57mg (8.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.26g (54.52%), Phosphorus: 438.09mg (43.81%), Copper: 0.55mg (27.26%), Magnesium: 84.57mg (21.14%), Calcium: 166.4mg (16.64%), Zinc: 2.43mg (16.2%), Fiber: 3.97g

(15.86%), Potassium: 532.3mg (15.21%), Manganese: 0.28mg (13.99%), Vitamin K: 9.73µg (9.26%), Iron: 1.54mg (8.54%), Vitamin B6: 0.15mg (7.58%), Vitamin A: 317.13IU (6.34%), Selenium: 4.19µg (5.98%), Vitamin B1: 0.08mg (5.46%), Vitamin B2: 0.08mg (4.84%), Folate: 18.54µg (4.63%), Vitamin B3: 0.88mg (4.41%), Vitamin C: 3.14mg (3.81%), Vitamin E: 0.5mg (3.36%), Vitamin B12: 0.12µg (2.01%), Vitamin B5: 0.11mg (1.08%)