



Shrimp Tacos With Mango Slaw

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce coleslaw mix
- 0.8 cup cilantro leaves fresh
- 4 servings kosher salt
- 2 limes juiced cut into wedges)
- 1 mangos peeled sliced into thin strips
- 3 tablespoons mayonnaise
- 0.5 small onion red thinly sliced
- 0.8 pound shrimp deveined peeled halved

- 1 teaspoons sriracha plus more for serving
- 0.5 teaspoon sugar
- 12 taco shells hard
- 2 teaspoons vegetable oil

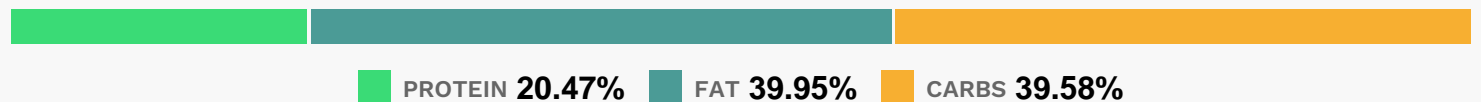
Equipment

- food processor
- bowl
- frying pan

Directions

- Make the dressing: Pulse the mayonnaise, Sriracha, lime juice, sugar, 1/4 cup cilantro and 1 tablespoon water in a mini food processor until smooth. (Or finely chop the cilantro and mix with the rest of the ingredients in a bowl.)
- Place the shrimp in a bowl and toss with 2 tablespoons of the dressing; set aside. Roughly chop the remaining 1/2 cup cilantro. Toss with the coleslaw mix, mango, red onion and the remaining dressing. Season with salt.
- Heat the vegetable oil in a large nonstick skillet over medium-high heat.
- Add the shrimp and cook, stirring occasionally, until opaque, about 3 minutes.
- Transfer the shrimp to a plate. Warm the taco shells as the label directs. Fill the shells with the shrimp and some slaw.
- Serve with the lime wedges and more Sriracha. Refrigerate any extra slaw for up to 3 days.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:93.71, Glycemic Load:20.43, Inflammation Score:-8, Nutrition Score:20.292174115129%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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 Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 409.07kcal (20.45%), Fat: 18.78g (28.9%), Saturated Fat: 4.31g (26.93%), Carbohydrates: 41.86g (13.95%), Net Carbohydrates: 34.89g (12.69%), Sugar: 12.55g (13.95%), Cholesterol: 141.34mg (47.11%), Sodium: 525.73mg (22.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.65g (43.3%), Vitamin K: 111.51µg (106.2%), Vitamin C: 67.48mg (81.79%), Phosphorus: 312.7mg (31.27%), Fiber: 6.98g (27.92%), Folate: 97.5µg (24.37%), Copper: 0.49mg (24.29%), Manganese: 0.46mg (22.98%), Magnesium: 81.05mg (20.26%), Potassium: 636.77mg (18.19%), Vitamin A: 891.2IU (17.82%), Calcium: 153.09mg (15.31%), Vitamin B6: 0.3mg (14.77%), Zinc: 2.04mg (13.58%), Vitamin B1: 0.17mg (11.5%), Iron: 1.89mg (10.52%), Vitamin E: 1.54mg (10.29%), Vitamin B3: 1.37mg (6.85%), Vitamin B2: 0.11mg (6.26%), Vitamin B5: 0.44mg (4.38%), Selenium: 2.81µg (4.02%)