



Shrimp Tacos with Spicy Cream Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado chopped
- ☐ 2 teaspoons chili powder divided
- ☐ 8 8-inch corn tortillas warmed
- ☐ 2 garlic cloves
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin divided
- ☐ 0.8 teaspoon ground pepper red divided
- ☐ 16 ounce nonfat cream sour

- ☐ 2 teaspoons olive oil
- ☐ 3 tablespoons orange juice
- ☐ 0.8 teaspoon salt divided
- ☐ 1 pound shrimp fresh unpeeled
- ☐ 1.5 cups water

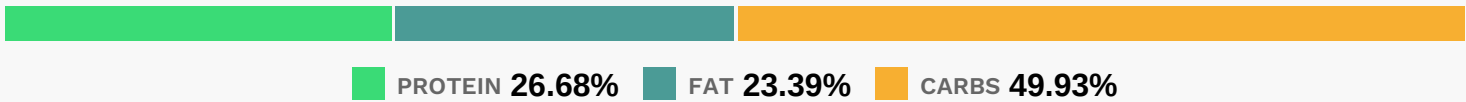
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Whisk together sour cream, 1 teaspoon chili powder, 1/2 teaspoon cumin, 1/2 teaspoon red pepper, 1/4 teaspoon salt, and cinnamon.
- ☐ Add 1 1/2 cups water, stirring until smooth. Cover and chill until ready to serve.
- ☐ Peel shrimp, and devein, if desired; chop.
- ☐ Combine remaining 1 teaspoon chili powder, 1/2 teaspoon cumin, 1/4 teaspoon red pepper, and 1/2 teaspoon salt in a shallow dish or heavy-duty zip-top plastic bag; add orange juice and shrimp, turning to coat. Cover or seal, and chill 15 minutes.
- ☐ Remove shrimp from marinade, discarding marinade.
- ☐ Saut garlic in hot olive oil in a large skillet over medium-high heat 2 to 3 minutes.
- ☐ Add shrimp, and cook 5 minutes or just until shrimp turn pink.
- ☐ Serve with sour cream mixture and avocado in warm tortillas.

Nutrition Facts



Properties

Glycemic Index:26.81, Glycemic Load:8.35, Inflammation Score:-5, Nutrition Score:9.7834782807723%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 233.48kcal (11.67%), Fat: 6.3g (9.69%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 30.26g (10.09%), Net Carbohydrates: 25.74g (9.36%), Sugar: 1.34g (1.49%), Cholesterol: 96.39mg (32.13%), Sodium: 396.3mg (17.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.17g (32.33%), Phosphorus: 319.43mg (31.94%), Fiber: 4.52g (18.07%), Copper: 0.36mg (18.02%), Magnesium: 64.92mg (16.23%), Calcium: 150.99mg (15.1%), Potassium: 453.16mg (12.95%), Zinc: 1.78mg (11.89%), Manganese: 0.23mg (11.51%), Vitamin B6: 0.19mg (9.58%), Vitamin B2: 0.15mg (9.04%), Vitamin A: 424.51IU (8.49%), Selenium: 5.79µg (8.27%), Folate: 30.89µg (7.72%), Vitamin C: 6.1mg (7.4%), Vitamin E: 1.04mg (6.9%), Iron: 1.23mg (6.83%), Vitamin K: 6.61µg (6.29%), Vitamin B3: 1.19mg (5.97%), Vitamin B1: 0.09mg (5.85%), Vitamin B5: 0.41mg (4.14%), Vitamin B12: 0.17µg (2.83%)