



Skinny Citrus Shrimp Tacos

READY IN



60 min.

SERVINGS



8

CALORIES



169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup orange juice
- 2 tablespoons juice of lime fresh
- 2 tablespoons jalapeno chopped
- 1 clove garlic finely chopped
- 1 lb shrimp deveined uncooked peeled
- 2 plum tomatoes seeded chopped (Roma)
- 2 tablespoons jalapeno chopped
- 0.3 cup onion red chopped
- 0.3 cup cilantro leaves fresh chopped

- 0.5 cucumber english seedless thinly sliced cut in half lengthwise, (1 cup) ()
- 0.3 teaspoon salt
- 6 oz yogurt plain fat free
- 2 tablespoons orange juice
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count

Equipment

- bowl
- frying pan
- ziploc bags

Directions

- In 1-gallon resealable food-storage plastic bag, mix shrimp and marinade ingredients. Seal bag. Refrigerate 30 minutes.
- Meanwhile, in medium bowl, mix cucumber salsa fresca ingredients. In small bowl, mix yogurt crema ingredients.
- Drain shrimp; discard marinade.
- Heat 12-inch nonstick skillet over medium-high heat.
- Add shrimp; cook 3 to 4 minutes, stirring occasionally, until pink.
- Drain, if needed. Spoon shrimp on tortillas; top with cucumber salsa fresca, and drizzle with yogurt crema.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:5.97, Inflammation Score:-5, Nutrition Score:9.2860869532046%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 2.7mg, Hesperetin: 2.7mg, Hesperetin: 2.7mg, Hesperetin: 2.7mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg,

Naringenin: 0.54mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 169.3kcal (8.46%), Fat: 2.78g (4.28%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 20.74g (6.91%), Net Carbohydrates: 19.07g (6.93%), Sugar: 5.68g (6.31%), Cholesterol: 91.71mg (30.57%), Sodium: 372.52mg (16.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.57g (31.14%), Vitamin C: 23.36mg (28.31%), Phosphorus: 230.89mg (23.09%), Copper: 0.29mg (14.47%), Calcium: 131.38mg (13.14%), Vitamin B1: 0.19mg (12.82%), Manganese: 0.22mg (11.08%), Potassium: 378.44mg (10.81%), Folate: 43.1µg (10.77%), Selenium: 7.44µg (10.63%), Magnesium: 38.74mg (9.69%), Vitamin B2: 0.16mg (9.13%), Vitamin K: 9.44µg (8.99%), Iron: 1.55mg (8.62%), Zinc: 1.22mg (8.15%), Vitamin B3: 1.62mg (8.08%), Fiber: 1.67g (6.67%), Vitamin A: 306.39IU (6.13%), Vitamin B6: 0.1mg (5.02%), Vitamin B5: 0.32mg (3.23%), Vitamin E: 0.39mg (2.59%), Vitamin B12: 0.13µg (2.16%)