



Soft Shrimp Tacos with Tropical Salsa

READY IN



45 min.

SERVINGS



8

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper strips yellow
- ☐ 1 tablespoon chiles green canned chopped
- ☐ 0.5 teaspoon chili powder
- ☐ 8 6-inch flour tortillas ()
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 tablespoon juice of lemon
- ☐ 11 ounce mandarin oranges in syrup light drained canned
- ☐ 5 ounces monterrey jack cheese shredded reduced-fat
- ☐ 8 ounce pineapple tidbits in juice drained canned
- ☐ 1 cup onion red vertically sliced
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 1 cup tomatoes chopped

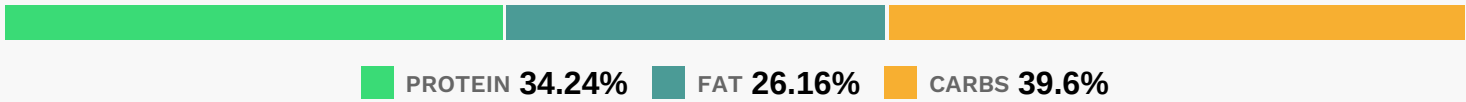
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ To prepare the salsa, combine the first 6 ingredients in a bowl. Cover and chill.
- ☐ To prepare tacos, place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add bell pepper, onion, and garlic; saut 2 minutes.
- ☐ Add shrimp, tomato, cumin, and chili powder; saut 3 minutes or until shrimp are done. Stir in cilantro. Spoon 1/2 cup shrimp mixture over one half of each tortilla, and top with about 3 tablespoons cheese and 2 tablespoons salsa; fold tortillas in half.

Nutrition Facts



Properties

Glycemic Index:37.38, Glycemic Load:7.28, Inflammation Score:-7, Nutrition Score:14.534782759521%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 3.37mg, Hesperetin: 3.37mg, Hesperetin: 3.37mg, Hesperetin: 3.37mg Naringenin: 4.06mg, Naringenin: 4.06mg, Naringenin: 4.06mg, Naringenin: 4.06mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg,

Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 287.45kcal (14.37%), Fat: 8.51g (13.09%), Saturated Fat: 4.39g (27.44%), Carbohydrates: 29g (9.67%), Net Carbohydrates: 25.96g (9.44%), Sugar: 10.85g (12.06%), Cholesterol: 152.7mg (50.9%), Sodium: 441.84mg (19.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.07g (50.14%), Vitamin C: 53.4mg (64.73%), Phosphorus: 350.15mg (35.02%), Calcium: 263.27mg (26.33%), Copper: 0.46mg (23.08%), Vitamin B1: 0.23mg (15.38%), Potassium: 508.7mg (14.53%), Magnesium: 57.95mg (14.49%), Manganese: 0.28mg (14.03%), Selenium: 9.68µg (13.83%), Vitamin A: 691.12IU (13.82%), Folate: 54.02µg (13.5%), Zinc: 2.01mg (13.43%), Fiber: 3.04g (12.16%), Iron: 2.16mg (12.01%), Vitamin B2: 0.19mg (11.35%), Vitamin K: 11.43µg (10.89%), Vitamin B3: 1.92mg (9.62%), Vitamin B6: 0.17mg (8.33%), Vitamin B5: 0.25mg (2.54%), Vitamin B12: 0.15µg (2.45%), Vitamin E: 0.31mg (2.07%)