



Southwest Shrimp Tacos

 Dairy Free

READY IN



34 min.

SERVINGS



8

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons ancho chile powder
- ☐ 3 cups cabbage shredded
- ☐ 1 cup carrots grated
- ☐ 16 8-inch flour tortillas soft ()
- ☐ 1.5 teaspoons ground cumin
- ☐ 2 tablespoons hot sauce
- ☐ 8 servings lime wedges
- ☐ 1 tablespoon olive oil

- ☐ 2 pounds shrimp raw unpeeled ()
- ☐ 0.8 teaspoon salt
- ☐ 10 wooden skewers
- ☐ 10 wooden skewers

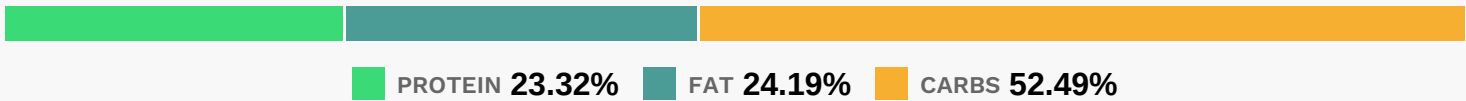
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Soak skewers in water 20 minutes.
- ☐ Meanwhile, peel shrimp; devein, if desired. Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Toss shrimp with hot sauce and next 4 ingredients. Thread shrimp onto skewers. Grill shrimp, covered with grill lid, 1 to 2 minutes on each side or just until shrimp turn pink. Grill tortillas 1 minute on each side or until warmed.
- ☐ Combine cabbage and carrots.
- ☐ Remove shrimp from skewers just before serving.
- ☐ Serve shrimp in warm tortillas with cabbage mixture and lime wedges.

Nutrition Facts



Properties

Glycemic Index:20.23, Glycemic Load:16.84, Inflammation Score:-9, Nutrition Score:24.803478251333%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 424.35kcal (21.22%), Fat: 11.26g (17.32%), Saturated Fat: 3.38g (21.13%), Carbohydrates: 54.99g (18.33%), Net Carbohydrates: 50.11g (18.22%), Sugar: 5.48g (6.08%), Cholesterol: 142.88mg (47.63%), Sodium: 1719.06mg (74.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.42g (48.85%), Selenium: 56.51µg (80.72%), Vitamin A: 3024.52IU (60.49%), Phosphorus: 502.77mg (50.28%), Vitamin B1: 0.57mg (37.8%), Vitamin B3: 6.81mg (34.07%), Folate: 132.17µg (33.04%), Manganese: 0.62mg (31.14%), Vitamin K: 31.3µg (29.81%), Iron: 4.46mg (24.77%), Calcium: 231.41mg (23.14%), Vitamin B12: 1.26µg (20.98%), Vitamin B2: 0.33mg (19.53%), Fiber: 4.88g (19.53%), Copper: 0.33mg (16.67%), Vitamin C: 13.31mg (16.13%), Vitamin B6: 0.31mg (15.62%), Vitamin E: 2.06mg (13.7%), Magnesium: 54.62mg (13.65%), Zinc: 1.77mg (11.77%), Potassium: 371.24mg (10.61%), Vitamin B5: 0.63mg (6.27%)