



WHATSheATE



Southwestern-Style Shrimp Taco Salad



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



364 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



0.3 cup avocado diced peeled



15 ounce black beans rinsed drained canned



1.5 cups tortilla chips blue



2 ears corn



0.3 cup cilantro leaves fresh chopped



2 teaspoons garlic minced



0.5 cup spring onion chopped



1 teaspoon ground cumin

- ☐ 2 teaspoons hot sauce
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 teaspoons maple syrup
- ☐ 2 tablespoons olive oil
- ☐ 3 plum tomatoes chopped
- ☐ 1 cup the of 1 cos lettuce chopped
- ☐ 0.8 pound shrimp deveined peeled
- ☐ 0.3 cup cream light sour

Equipment

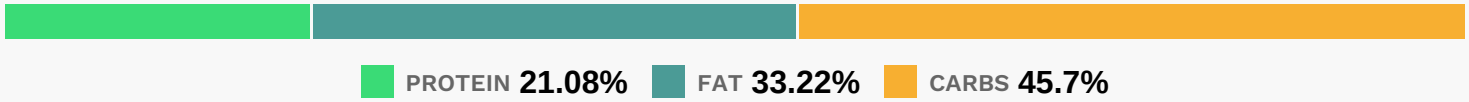
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Combine lime juice, olive oil, cumin, garlic, syrup, and hot sauce in a small bowl, stirring with a whisk.
- ☐ Place the shrimp in a shallow bowl.
- ☐ Drizzle 1 tablespoon of the lime juice mixture over shrimp, tossing gently to coat. Reserve the remaining lime juice mixture; set aside. Thread shrimp onto metal skewers. Lightly coat corn with cooking spray.
- ☐ Place shrimp kebabs and corn on a grill rack coated with cooking spray. Grill 8 minutes, turning kebabs once and turning corn frequently until browned.
- ☐ Remove from grill; cool slightly.
- ☐ Remove shrimp from skewers, and place in a large bowl.
- ☐ Cut kernels from ears of corn.
- ☐ Add corn, chopped lettuce, green onions, cilantro, black beans, and plum tomatoes to shrimp.

- ☐
- Drizzle reserved lime juice mixture over the shrimp mixture, and toss gently to combine.
- ☐
- Divide tortilla chips evenly among 6 shallow bowls; top each serving with 1 cup shrimp mixture.
- ☐
- Combine sour cream and diced avocado in a small bowl; mash with a fork until well blended. Top each serving with about 1 tablespoon sour cream mixture.
- ☐
- Serve with a lime wedge, if desired.

Nutrition Facts



Properties

Glycemic Index:35.58, Glycemic Load:1.16, Inflammation Score:-8, Nutrition Score:16.008695811681%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 364.26kcal (18.21%), Fat: 13.99g (21.52%), Saturated Fat: 2.66g (16.61%), Carbohydrates: 43.3g (14.43%), Net Carbohydrates: 34.97g (12.72%), Sugar: 4.88g (5.43%), Cholesterol: 95.76mg (31.92%), Sodium: 489.76mg (21.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.97g (39.95%), Vitamin K: 40.21µg (38.29%), Fiber: 8.33g (33.33%), Phosphorus: 319.53mg (31.95%), Vitamin A: 1190.94IU (23.82%), Magnesium: 92.17mg (23.04%), Copper: 0.46mg (22.76%), Folate: 87.95µg (21.99%), Potassium: 706.98mg (20.2%), Manganese: 0.39mg (19.46%), Vitamin C: 15.36mg (18.62%), Iron: 2.85mg (15.86%), Vitamin B1: 0.23mg (15.07%), Vitamin E: 2.15mg (14.34%), Calcium: 132.09mg (13.21%), Zinc: 1.94mg (12.94%), Vitamin B2: 0.2mg (11.67%), Vitamin B6: 0.19mg (9.67%), Vitamin B5: 0.84mg (8.42%), Vitamin B3: 1.63mg (8.15%), Selenium: 3.04µg (4.35%)