



Southwestern-Style Shrimp Taco Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



372 kcal

SALAD

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 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

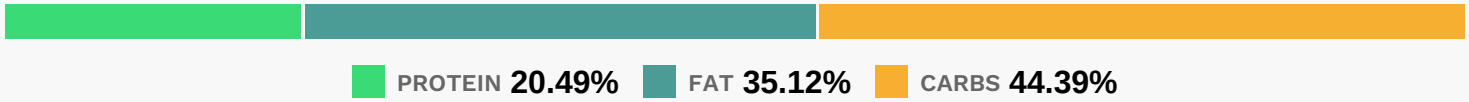
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ metal skewers

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:0, Nutrition Score:16.018695797609%

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: 372.18kcal (18.61%), Fat: 15.11g (23.25%), Saturated Fat: 3.11g (19.41%), Carbohydrates: 42.99g (14.33%), Net Carbohydrates: 34.65g (12.6%), Sugar: 5.29g (5.88%), Cholesterol: 98.82mg (32.94%), Sodium: 483.12mg (21.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.84g (39.67%), Vitamin K: 40.33µg (38.41%), Fiber: 8.33g (33.33%), Phosphorus: 320.17mg (32.02%), Vitamin A: 1228.64IU (24.57%), Magnesium: 92.17mg (23.04%), Copper: 0.46mg (22.77%), Folate: 87.31µg (21.83%), Potassium: 695.86mg (19.88%), Manganese: 0.39mg (19.53%), Vitamin C: 15.36mg (18.62%), Iron: 2.85mg (15.86%), Vitamin B1: 0.22mg (14.9%), Vitamin E: 2.16mg (14.41%), Zinc: 1.92mg (12.8%), Calcium: 126.98mg (12.7%), Vitamin B2: 0.2mg (12.03%), Vitamin B6: 0.2mg (9.8%), Vitamin B5: 0.88mg (8.85%), Vitamin B3: 1.63mg (8.17%), Selenium: 3.12µg (4.46%)