



Spicy Shrimp Tacos with Grilled Tomatillo Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon ancho chili powder
- ☐ 2 cups cabbage shredded
- ☐ 1 cup carrots shredded
- ☐ 8 6-inch corn tortillas ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove
- ☐ 0.7 cup spring onion chopped (4 green onions)

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 jalapeno seeds removed and chopped
- ☐ 3 tablespoons juice of lime (1 lime)
- ☐ 1 tablespoon hot sauce hot (such as Tabasco)
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.5 pound tomatillos

Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Preheat grill.
- ☐ To prepare salsa, remove husks and stems from tomatillos.
- ☐ Place tomatillos on a grill rack coated with cooking spray. Grill 10 minutes or until slightly blackened on each side, turning occasionally. Cool completely; coarsely chop.
- ☐ Place tomatillos, onions, and next 5 ingredients (through garlic) in the bowl of a food processor. Pulse 7 times or until coarsely chopped.
- ☐ To prepare tacos, thread shrimp evenly on 6 (10-inch) skewers.
- ☐ Place skewers on a grill rack coated with cooking spray. Grill 2 minutes or until shrimp are done, turning once.
- ☐ Remove shrimp from skewers, and place in a medium bowl.
- ☐ Add hot pepper sauce, chili powder, cumin, and 1/4 teaspoon salt; toss to coat.
- ☐ Heat the tortillas on the grill 1 minute on each side. Top each tortilla with 1/4 cup cabbage and 2 tablespoons carrot. Divide shrimp mixture evenly among the tortillas; top each with 2 tablespoons salsa.

Nutrition Facts



 **PROTEIN 40.21%**  **FAT 9.54%**  **CARBS 50.25%**

Properties

Glycemic Index:68.08, Glycemic Load:11.93, Inflammation Score:-10, Nutrition Score:21.748260674269%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 261.76kcal (13.09%), Fat: 2.91g (4.48%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 34.46g (11.49%), Net Carbohydrates: 27.64g (10.05%), Sugar: 6.05g (6.73%), Cholesterol: 182.57mg (60.86%), Sodium: 426.58mg (18.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.58g (55.16%), Vitamin A: 5786.67IU (115.73%), Vitamin K: 74.91µg (71.34%), Phosphorus: 460.54mg (46.05%), Vitamin C: 32.87mg (39.84%), Copper: 0.62mg (30.86%), Fiber: 6.82g (27.27%), Magnesium: 102.91mg (25.73%), Manganese: 0.46mg (22.86%), Potassium: 795.72mg (22.73%), Zinc: 2.58mg (17.21%), Calcium: 162.54mg (16.25%), Vitamin B6: 0.28mg (13.86%), Iron: 2.36mg (13.11%), Vitamin B3: 2.42mg (12.08%), Folate: 40.9µg (10.22%), Vitamin B1: 0.13mg (8.97%), Vitamin B2: 0.11mg (6.51%), Vitamin E: 0.94mg (6.25%), Selenium: 3.89µg (5.56%), Vitamin B5: 0.35mg (3.51%)