



WHATSheATE



Spicy Shrimp Tacos with Tomatillo Salsa



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 avocado peeled



1 teaspoon chili powder



2 tablespoons cider vinegar



8 6-inch corn tortillas ()



2 tablespoons cilantro leaves fresh chopped



3 garlic cloves minced



0.5 teaspoon ground pepper red



0.1 teaspoon kosher salt

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup onion chopped
- ☐ 1 serrano chile seeded chopped
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 1 teaspoon sugar
- ☐ 0.5 pound tomatillos coarsely chopped

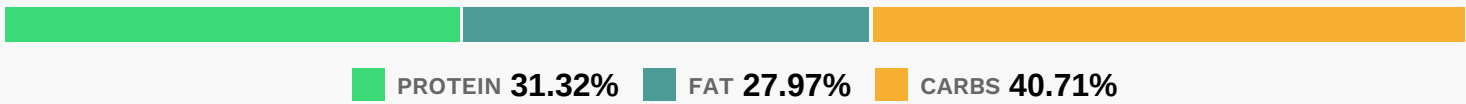
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ To prepare shrimp, combine first 5 ingredients in a bowl. Refrigerate 30 minutes.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add shrimp; saut 4 minutes or until done.
- ☐ To prepare salsa, place tomatillos and next 9 ingredients (through serrano) in a food processor; process until smooth. Warm tortillas according to package directions. Divide shrimp evenly among tortillas. Top each with about 1/4 cup salsa; fold in half.

Nutrition Facts



Properties

Glycemic Index:80.4, Glycemic Load:11.59, Inflammation Score:-6, Nutrition Score:16.126956556154%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 344.22kcal (17.21%), Fat: 11.17g (17.19%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 36.59g (12.2%), Net Carbohydrates: 28.33g (10.3%), Sugar: 4.73g (5.26%), Cholesterol: 183.86mg (61.29%), Sodium: 410.49mg (17.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.15g (56.3%), Phosphorus: 478.25mg (47.82%), Copper: 0.69mg (34.34%), Fiber: 8.26g (33.02%), Magnesium: 108.23mg (27.06%), Potassium: 864.26mg (24.69%), Manganese: 0.45mg (22.63%), Zinc: 2.8mg (18.68%), Vitamin C: 15.15mg (18.36%), Vitamin K: 18.51µg (17.63%), Vitamin B6: 0.34mg (17.17%), Calcium: 152.56mg (15.26%), Vitamin B3: 2.85mg (14.26%), Folate: 52.07µg (13.02%), Vitamin E: 1.84mg (12.25%), Iron: 2.07mg (11.47%), Vitamin A: 457.8IU (9.16%), Vitamin B2: 0.16mg (9.12%), Vitamin B5: 0.88mg (8.79%), Vitamin B1: 0.13mg (8.42%), Selenium: 4.94µg (7.05%)