



## Sweet n' Spicy Shrimp Lettuce Tacos

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons agave syrup
- 1 avocado diced
- 2 heads bibb lettuce
- 3 tablespoons canola oil
- 4 servings cilantro leaves
- 1 ear corn
- 1 inch ginger fresh
- 3 cloves garlic chopped

- 1 juice of lime juiced
- 4 servings salt and pepper
- 1 small bunch scallions thinly sliced for garnish
- 1 teaspoon seafood seasoning such as old bay
- 2 pounds shrimp deveined halved coarsely chopped
- 1 tablespoons sriracha
- 1 tablespoon distilled vinegar

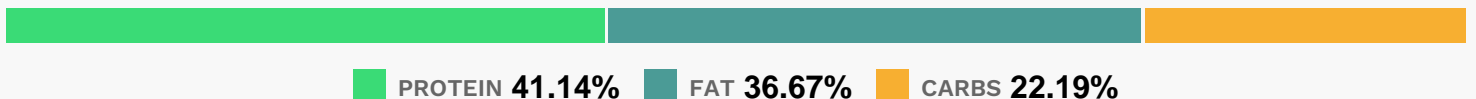
## Equipment

- frying pan

## Directions

- Watch how to make this recipe.
- Separate the lettuce into cups and reserve.
- Heat 1 tablespoon of the canola oil in a skillet and saute the corn over medium-high heat until light golden at edges. Season with salt and pepper. To the same skillet, add the shrimp and cook until the shrimp begin to turn pink, 2 to 3 minutes.
- Add the garlic, ginger and seafood seasoning and toss 1 to 2 minutes.
- Add the vinegar and heads up keep your head back to avoid a sinus attack!
- Add in the lime zest, agave and Sriracha. Toss and remove to a serving plate.
- Dress the avocado with the lime juice.
- Serve the shrimp with the lettuce for taco building. Fill the lettuce with the shrimp and top with scallions, avocado and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:49, Glycemic Load:3.44, Inflammation Score:-8, Nutrition Score:25.439130492832%

## 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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

## Nutrients (% of daily need)

Calories: 466.8kcal (23.34%), Fat: 19.86g (30.56%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 19.64g (7.14%), Sugar: 14.57g (16.18%), Cholesterol: 365.14mg (121.71%), Sodium: 586.04mg (25.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.15g (100.29%), Vitamin K: 102.34µg (97.47%), Phosphorus: 594.37mg (59.44%), Copper: 1.09mg (54.31%), Potassium: 1335.36mg (38.15%), Folate: 137.25µg (34.31%), Magnesium: 125.82mg (31.46%), Vitamin A: 1557.28IU (31.15%), Manganese: 0.61mg (30.57%), Fiber: 7.41g (29.64%), Vitamin C: 22.59mg (27.38%), Zinc: 3.95mg (26.35%), Vitamin E: 3.55mg (23.67%), Calcium: 215.62mg (21.56%), Iron: 3.04mg (16.91%), Vitamin B6: 0.34mg (16.84%), Vitamin B1: 0.2mg (13.63%), Vitamin B5: 1.14mg (11.39%), Vitamin B2: 0.18mg (10.3%), Vitamin B3: 1.77mg (8.86%), Selenium: 1.2µg (1.71%)