



Tomatillo Shrimp Fajitas

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups bell pepper red
- 2 teaspoons bottled garlic minced
- 8 6-inch corn tortillas ()
- 2 tablespoons cilantro leaves fresh chopped
- 1 teaspoon ground coriander
- 1 small onion red vertically sliced
- 0.5 cup salsa verde green
- 0.3 teaspoon salt

1.5 pounds shrimp deveined peeled

Equipment

frying pan

Directions

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.

Add bell pepper, garlic, and onion; saut 4 minutes. Stir in salsa, coriander, salt, and shrimp; saut 2 minutes or until shrimp are done. Arrange about 1/2 cup shrimp mixture down center of each tortilla; sprinkle each tortilla with 1 1/2 teaspoons cilantro.

Nutrition Facts



Properties

Glycemic Index:42.88, Glycemic Load:11.56, Inflammation Score:-9, Nutrition Score:18.526521910792%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 302.01kcal (15.1%), Fat: 3.09g (4.75%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 32.01g (10.67%), Net Carbohydrates: 26.82g (9.75%), Sugar: 5.76g (6.4%), Cholesterol: 273.86mg (91.29%), Sodium: 578.3mg (25.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.23g (76.47%), Vitamin C: 75.57mg (91.6%), Phosphorus: 555.76mg (55.58%), Copper: 0.78mg (38.91%), Vitamin A: 1941.32IU (38.83%), Magnesium: 108.76mg (27.19%), Potassium: 778.6mg (22.25%), Zinc: 3.2mg (21.34%), Fiber: 5.18g (20.74%), Manganese: 0.38mg (18.81%), Vitamin B6: 0.34mg (17.04%), Calcium: 169.51mg (16.95%), Iron: 1.95mg (10.84%), Folate: 33.73µg (8.43%), Vitamin B3: 1.39mg (6.95%), Vitamin E: 1.04mg (6.94%), Vitamin B1: 0.1mg (6.54%), Selenium: 3.85µg (5.51%), Vitamin B2: 0.09mg (5.48%), Vitamin K: 3.51µg (3.34%), Vitamin B5: 0.28mg (2.84%)