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## Shrimp Tacos

Shrimp tacos are a delicious and flavorful Mexican dish. They are made with grilled or sautéed shrimp, served in a tortilla with various toppings such as salsa, avocado, and cilantro. Shrimp tacos are a popular street food in Mexico and are enjoyed by people of all ages.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 10 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	Shrimp
8 pieces	tortillas
200 g	salsa
200 g	Avocado

<b>20 g</b>	Cilantro
<b>1 pieces</b>	Lime
<b>1 tsp</b>	salt
<b>1 tsp</b>	pepper
<b>2 tbsp</b>	oil

## Directions

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### Step 1

#### Cutting

Peel and devein the shrimp.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 2

Season the shrimp with salt and pepper.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

#### Stove

Heat oil in a pan over medium heat.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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## Step 4

Stove

Cook the shrimp in the pan for 2-3 minutes per side until pink and cooked through.

**Prep Time:** 0 mins

**Cook Time:** 6 mins

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## Step 5

Microwaving

Warm the tortillas in a dry pan or microwave.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 6

Assemble the tacos by placing shrimp, salsa, avocado, and cilantro on each tortilla.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 7

Squeeze lime juice over the tacos for added flavor.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 5 g

**Protein:** 15 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	150 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Cuisines

Mexican

### Kitchen Tools

Slow Cooker

Blender

Microwave

### Events

Picnic

### Course

Salads

Appetizers

Main Dishes

Snacks

## Cultural

Chinese New Year

## Cooking Method

Boiling

Cutting

## Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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