

SHRIMP TACOS

Low-Fodmap

🕒 20 minutes

🍴 4 portions

INGREDIENTS

- 16.5 oz of crustaceans, shrimp, raw [468 g]
- 2 tsps of seasoning mix, dry, taco, original [6 g] - Simply Organic is recommended
- 1 tsp of oil, olive, salad or cooking [5 g] - extra virgin is recommended
- 1 cup of refried beans, canned, traditional, reduced sodium [238 g]
- 1 cup, sliced of peppers, sweet, green, raw [92 g]
- 4 large units of olives, ripe, canned [small-extra large] [18 g]
- 4 tortillas of tortillas, ready-to-bake or -fry, whole wheat [164 g] - Extreme Wellness Low Carb recommended
- 1 cup of peppers, chili, green, canned [139 g]
- 1 fruit, without skin and seed of avocados, raw, California [136 g]

COOKING METHOD

- 1° Sautee shrimp in extra virgin olive oil [1tbsp] until thoroughly cooked.
- 2° Add one packet of organic Taco Seasoning [I use Simply Organic] and water per directions on packet, cook until dissolved.
- 3° While this is cooking slice up avocado, green pepper, and olives and heat up 4 tortillas
- 4° Add refried beans, shrimp and toppings to taste Roll and top with salsa and fresh cheese to taste, heat up for about 30 seconds in microwave until cheese is melted.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [317 g]	% DRI
ENERGY	116 kcal	369 kcal	18 %
FAT	4 g	13 g	20 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	18 %
CHOLESTEROL	60 mg	189 mg	63 %
SODIUM	237 mg	753 mg	31 %
CARBOHYDRATE	11 g	34 g	11 %
SUGARS	1 g	2 g	—
FIBER	3 g	10 g	39 %
PROTEIN	10 g	32 g	—