

AIR FRYER

Shrimp Tacos

4 SERVINGS

PREP: 15 MINS

COOK: 8 MINS



INGREDIENTS

Shrimp:

- 1 lb large shrimp (peeled & deveined)
- 2 tsp. avocado or olive oil
- 2-3 tsp. salt free taco seasoning
- 1/4-1/2 tsp. salt
- Zest of one lime.

For the Dressing:

- 2 tbsp. mayo
- 1 tbsp. Greek yogurt
- Juice from one lime
- 1/4 tsp chili powder

To Serve:

- Lettuce leaves or corn/flour tortillas
- Sliced avocado
- Diced mango
- Corn
- Cilantro

DIRECTIONS

Shrimp:

- 1.Preheat your air fryer to 400 degrees
- 2.Toss shrimp with oil, salt, & taco seasoning. Then add lime zest. Allow it to sit for a few minutes.
- 3.Add shrimp to the air fryer & cook for 3-4 minutes per side (shake them halfway through). They may need more time depending on the size and air fryer model.

To Assemble Tacos:

- 1.Allow shrimp to cool slightly and cut into smaller pieces, if desired.
- 2.Add 1/4 cup of shrimp to one lettuce cup, then top with diced avocado, diced mango, corn and dressing.

NUTRITION INFORMATION (PER SERVING)

Calories: 346kcal

Saturated Fat: 5g

Cholesterol: 205mg

Sugar: 8g

Iron: 1mg

Fiber: 4g

Carbohydrates: 26g

Polyunsaturated Fat: 5g

Sodium: 933mg

Vitamin A: 401IU

Protein: 29g

Calcium: 150mg

Monounsaturated Fat: 5g

Potassium: 556mg

Vitamin C: 4mg

Fat: 16g

Trans Fat: 0.1g

