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Low FODMAP Shrimp Tacos



Our Low FODMAP Shrimp Tacos are packed with garlic and chile flavors, but are easy on the FODMAPs, so that you can enjoy your Mexican inspired food without a flare-up. The shrimp get a quick marination in our very own garlic-free Low FODMAP Chipotle Chiles in Adobo, so you do have to make that first. The garlic flavor comes from **Low FODMAP Garlic-Infused Oil**, made with vegetable oil. This is an easy and fun dinner that can be made in less than 30 minutes, with the

ingredients on hand.

Low FODMAP Serving Size Info: Serves 4; 2 tacos per serving

Course: Dinner & Lunch
Cuisine: American, Tex-Mex

Prep Time: 10 minutes
Cook Time: 10 minutes
Total Time: 20 minutes

Makes: 4 Servings
Calories: 417 kcal
Author: Dédé Wilson

Ingredients:

- 2 tablespoons Low FODMAP Chipotle Chiles in Adobo divided
- 1 tablespoon honey
- ¼ teaspoon cumin
- 1- pound (455 g) medium or large shrimp, peeled and deveined
- Kosher salt
- ½ cup (113 g) mayonnaise
- 2 teaspoons lime juice, divided
- 2 cups (200 g) shredded green cabbage
- 1/4 cup chopped scallions, green parts only
- 2 tablespoons Garlic-Infused Oil, made with vegetable oil, or purchased equivalent
- 8 corn tortillas
- Cilantro stems with leaves
- 2 limes

Preparation:

1. Stir 1 tablespoon of the Low FODMAP Chipotle Chiles in Adobo, honey and cumin together in a medium sized bowl, then add the shrimp and toss to coat well. Season with salt. Let shrimp sit for a few minutes while you prep the rest of the components.
2. Stir the mayonnaise together with the remaining **Low FODMAP Chipotle Chiles in Adobo** and 1 teaspoon lime juice. Taste a season with salt, if desired; set aside.
3. Toss the cabbage, scallion greens and remaining 1 teaspoon lime juice together in a small mixing bowl. Taste a season with salt, if desired; set aside.
4. Toast your corn tortillas. You can either place them flat, one at a time, on the surface of a hot nonstick pan, flipping them one, or do what I do and hold them with tongs over an open flame (if you have a gas oven). Either way you just want them charred a little bit here and there. Keep warm while you cook the shrimp.
5. Heat the oil in a large skillet or wok over high heat. Add the shrimp and toss around just until opaque, which will only be a couple of minutes.
6. Divide shrimp amongst the tortillas, top with cabbage mixture, drizzle with mayo, garnish with cilantro and serve with extra lime wedges. You are ready to enjoy your Low FODMAP Shrimp Tacos!

Notes:

Tips

FODMAP Information

Our recipes are based on Monash University and FODMAP Friendly science.

- **Cabbage:** Both Monash University and FODMAP Friendly have lab tested various cabbages and reported their low FODMAP serving sizes. According to Monash Green Cabbage is low FODMAP in amounts of 75 g (3/4 cup) and Red cabbage is low FODMAP in amounts of 75 g (3/4 cup). According to Monash Savoy cabbage is low FODMAP in amounts of 40 g (1/2 cup). According to FODMAP Friendly Savoy cabbage is low FODMAP in amounts of 75 g (1 cup). According to both Monash and FODMAP Friendly, Napa cabbage is low FODMAP in amounts of 75 g (1 cup).
- **Garlic-Infused Oil:** Make your own Garlic-Infused Oil or buy a commercial equivalent for the easiest way to add garlic flavor to your food. Fructans in garlic are not oil-soluble, so garlic-infused oil is low FODMAP.
- **Lime Juice:** Monash University has lab tested lime juice and it is low FODMAP in 1 cup (250 g) amounts (double that of lemon juice, as an interesting fact).
- **Scallions:** The green parts of scallions are low FODMAP as determined by Monash University lab testing and can be used to add onion flavor to your low FODMAP cooking.

Please always refer to the Monash University & FODMAP Friendly smartphone apps for the most up-to-date lab tested information. As always, your tolerance is what counts; please eat accordingly. The ultimate goal of the low FODMAP diet is to eat as broadly as possible, without triggering symptoms, for the healthiest microbiome.

Nutrition Facts	
Low FODMAP Shrimp Tacos	
Amount Per Serving	
Calories 417	Calories from Fat 279
% Daily Value*	
Fat 31g	48%
Saturated Fat 4g	20%
Cholesterol 12mg	4%
Sodium 212mg	9%
Potassium 131mg	4%
Carbohydrates 35g	12%
Fiber 4g	16%
Sugar 6g	7%
Protein 4g	8%
Vitamin A 36IU	1%
Vitamin C 10mg	12%
Calcium 53mg	5%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	