

Easy Crab Tacos

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-crab-avacado-mexico>

Ingredients:

- 1 garlic clove
- 4 Roma tomatoes each cut into six pieces
- 1/4 white onion large, chopped into eight large pieces
- 1 chipotle pepper med-sized, from a can of chipotle peppers in adobo sauce
- 1/2 cup cilantro leaves
- 1/2 lime
- 1/2 teaspoon kosher salt
- 1 avocado large, skin and pit removed
- 1/4 cup plain yogurt or sour cream
- 1/4 cup cilantro leaves
- 1/4 teaspoon kosher salt
- 8 ounces crab cooked Alaskan
- 1 tablespoon unsalted butter melted
- 3 tablespoons juice salsa, drained from salsa
- 1/4 lime
- 1/4 teaspoon kosher salt
- corn tortillas
- jalapeno thinly sliced
- lettuce very thinly sliced, or cabbage
- lime wedges

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 55 milligrams
4. Fat: 12 grams
5. Fiber: 8 grams
6. Protein: 15 grams
7. SaturatedFat: 3 grams

8. Sodium: 800 milligrams

9. Sugar: 7 grams

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