



Baja Fish Tacos

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tsp chili powder
- ☐ 8 8-inch flour tortilla
- ☐ 1.5 tsp garlic minced
- ☐ 1.5 tsp ground coriander
- ☐ 1.5 tsp ground cumin
- ☐ 3 tbsp juice of lime
- ☐ 2 lb mahi-mahi
- ☐ 8 servings salt to taste

☐ 0.5 cup vegetable oil

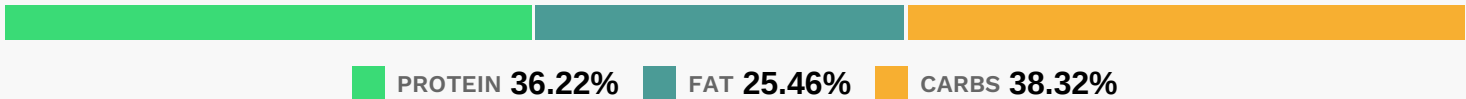
Equipment

☐ grill

Directions

- ☐ Preheat a gas grill to medium-high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash.
- ☐ Spread the coals in an even bed. Clean the cooking grate.
- ☐ Cut the mahi-mahi into 16 equal slices.
- ☐ Combine the oil, lime juice, chili powder, cumin, coriander, garlic, and salt. Coat the mahi-mahi with the marinade.
- ☐ Grill the fish on the first side over direct heat until the flesh is firm and well-marked, about 2 minutes. Turn the fish and grill until cooked through, about 1 1/2 to 2 minutes more.
- ☐ Grill the tortillas until they have light grill marks and are heated through, about 15 seconds on the first side. Turn the tortillas and grill them until they just start to bubble, another 15 seconds.
- ☐ Center 2 pieces of grilled fish on each tortilla, and top with the Southwestern Slaw and Chipotle Pico de Gallo.
- ☐ Add a dollop of Mexican Crema, fold in half, and serve immediately.
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Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:8.01, Inflammation Score:-7, Nutrition Score:16.431738977847%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg,

Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 285.9kcal (14.29%), Fat: 7.98g (12.28%), Saturated Fat: 2.17g (13.56%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 24.44g (8.89%), Sugar: 2.12g (2.36%), Cholesterol: 82.78mg (27.59%), Sodium: 697.57mg (30.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.55g (51.11%), Selenium: 53.3µg (76.14%), Vitamin B3: 9.4mg (47.02%), Phosphorus: 277.12mg (27.71%), Vitamin B6: 0.53mg (26.46%), Iron: 3.74mg (20.8%), Vitamin B1: 0.29mg (19.27%), Potassium: 588.1mg (16.8%), Manganese: 0.33mg (16.34%), Vitamin B2: 0.24mg (14.28%), Vitamin A: 712.08IU (14.24%), Folate: 54.7µg (13.67%), Magnesium: 50.83mg (12.71%), Vitamin B12: 0.68µg (11.34%), Calcium: 104.78mg (10.48%), Fiber: 2.59g (10.35%), Vitamin K: 10.53µg (10.03%), Vitamin B5: 0.96mg (9.59%), Copper: 0.13mg (6.31%), Zinc: 0.91mg (6.06%), Vitamin E: 0.89mg (5.95%), Vitamin C: 1.96mg (2.38%)