



Baja Fish Tacos



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 avocado diced pitted
- ☐ 6 ounces pre cabbage green
- ☐ 8 6-inch corn tortillas ()
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 4 servings lime wedges
- ☐ 0.8 pound mahi-mahi white firm
- ☐ 4 servings bottled salsa

- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons fajita seasoning

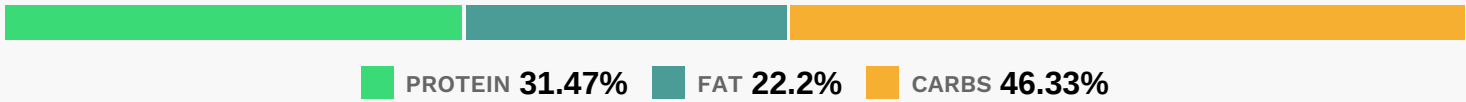
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ grill
- ☐ microwave

Directions

- ☐ Lightly spray grill rack with nonstick cooking spray, and preheat grill.
- ☐ Sprinkle both sides of fish with fajita seasoning, gently pressing into flesh. Grill fish 3–4 minutes on each side or until fish flakes easily when tested with a fork. Flake into pieces with a fork; keep warm.
- ☐ In a small bowl, mix together cabbage, lime juice, salt, and cilantro.
- ☐ Wrap the tortillas in paper towels, and microwave 1 minute on HIGH or until they're warm.
- ☐ Place taco ingredients on the table for assembly.
- ☐ Spread each tortilla with 1 teaspoon of sour cream, if desired, and top with fish, cabbage mixture, and avocado.
- ☐ Serve with salsa and lime wedges on the side.

Nutrition Facts



Properties

Glycemic Index:50.88, Glycemic Load:10.92, Inflammation Score:-6, Nutrition Score:20.169130532638%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.77mg, Hesperetin: 0.77mg,

Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 262.95kcal (13.15%), Fat: 6.84g (10.52%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 32.09g (10.7%), Net Carbohydrates: 24.39g (8.87%), Sugar: 3.39g (3.76%), Cholesterol: 42.52mg (14.17%), Sodium: 578.49mg (25.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.8g (43.6%), Selenium: 39.36µg (56.23%), Vitamin K: 56.41µg (53.72%), Phosphorus: 346.72mg (34.67%), Fiber: 7.7g (30.79%), Vitamin B3: 5.12mg (25.6%), Vitamin C: 20.24mg (24.53%), Manganese: 0.47mg (23.33%), Vitamin B6: 0.45mg (22.67%), Vitamin B12: 1.34µg (22.4%), Magnesium: 84.69mg (21.17%), Potassium: 668.36mg (19.1%), Vitamin D: 2.64µg (17.58%), Folate: 69.41µg (17.35%), Iron: 2.51mg (13.96%), Vitamin E: 1.93mg (12.85%), Calcium: 120.2mg (12.02%), Copper: 0.24mg (11.93%), Vitamin B5: 1.01mg (10.06%), Vitamin B1: 0.14mg (9.57%), Vitamin B2: 0.16mg (9.5%), Zinc: 1.34mg (8.91%), Vitamin A: 297.54IU (5.95%)