



Baja Light Fish Tacos



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



858 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon ancho chile powder



1 serving cabbage and cilantro slaw



12 corn tortillas* warmed (5 to 6 in.)



0.3 teaspoon kosher salt



1 tablespoon olive oil



2 teaspoons mexican oregano dried



0.3 teaspoon pepper



1 serving chipotle tartar sauce light

- ☐ 1.5 pounds boned
- ☐ 1.5 pounds boned

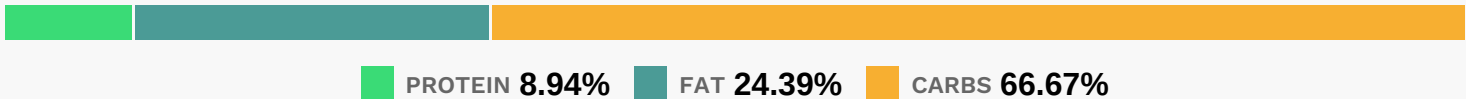
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ grill
- ☐ tongs

Directions

- ☐ Heat grill to high (450 to 550).
- ☐ Combine seasonings in a small bowl. Set fish on a rimmed baking sheet. Rub all over with oil, then sprinkle with seasonings. Oil cooking grate, using tongs and a wad of oiled paper towels.
- ☐ Grill fish, covered, turning once, until just cooked through, 4 to 6 minutes total. Break fish into large chunks. Fill tortillas with slaw and fish.
- ☐ Serve with tartar sauce.
- ☐ *If tortillas are very thin, buy double the amount and stack 2 per taco.

Nutrition Facts



Properties

Glycemic Index:131.5, Glycemic Load:61.48, Inflammation Score:-10, Nutrition Score:39.004782718161%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 857.94kcal (42.9%), Fat: 24.46g (37.63%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 150.4g (50.13%), Net Carbohydrates: 124.38g (45.23%), Sugar: 5.77g (6.41%), Cholesterol: 0.07mg (0.02%), Sodium: 873.62mg

(37.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.18g (40.36%), Fiber: 26.02g (104.09%), Phosphorus: 1028.76mg (102.88%), Vitamin K: 96.27µg (91.69%), Manganese: 1.53mg (76.55%), Magnesium: 256.69mg (64.17%), Vitamin A: 2519.27IU (50.39%), Vitamin B6: 0.98mg (49.06%), Vitamin E: 6.8mg (45.32%), Iron: 7.16mg (39.76%), Calcium: 373.98mg (37.4%), Vitamin C: 25.79mg (31.26%), Zinc: 4.67mg (31.16%), Copper: 0.61mg (30.32%), Selenium: 21.09µg (30.13%), Vitamin B3: 5.96mg (29.82%), Potassium: 913.31mg (26.09%), Vitamin B1: 0.36mg (24.25%), Vitamin B2: 0.33mg (19.31%), Folate: 57.56µg (14.39%), Vitamin B5: 0.6mg (6.04%)