



Cedar-Planked Halibut Tacos with Citrus Slaw

READY IN



45 min.

SERVINGS



6

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 cedar grilling plank
- ☐ 2 teaspoons chili powder
- ☐ 12 8-inch flour tortillas ()
- ☐ 0.7 cup green onions chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1.5 pound halibut fillet
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 2 cups napa cabbage shredded chinese ()

- ☐ 1 cup gourmet salad greens
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt

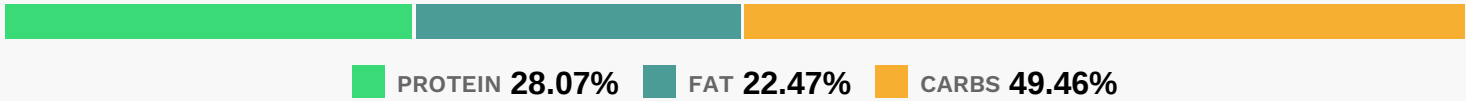
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ To prepare plank, immerse and soak plank in water 1 hour; drain.
- ☐ Prepare grill, heating one side to medium and one side to high heat.
- ☐ To prepare slaw, combine 1/2 teaspoon salt, shredded cabbage, salad greens, onions, sour cream, and lime juice; toss well to coat. Chill.
- ☐ To prepare tacos, combine chili powder, black pepper, and 1/4 teaspoon salt in a small bowl.
- ☐ Sprinkle chili powder mixture over fish.
- ☐ Place plank on grill rack over high heat; grill 5 minutes or until lightly charred. Carefully turn plank over; move to medium heat.
- ☐ Place fish on charred side of plank. Cover and grill 18 minutes or until fish flakes easily when tested with a fork.
- ☐ Warm tortillas according to package directions. Break fish into chunks, and place about 2 ounces fish on each tortilla. Top each taco with 1/4 cup slaw; fold tortillas in half.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:16.27, Inflammation Score:-7, Nutrition Score:27.318260877029%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.18mg,

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 440.57kcal (22.03%), Fat: 10.85g (16.7%), Saturated Fat: 3.98g (24.85%), Carbohydrates: 53.78g (17.93%), Net Carbohydrates: 49.32g (17.93%), Sugar: 4.55g (5.06%), Cholesterol: 58.92mg (19.64%), Sodium: 1143.33mg (49.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.51g (61.02%), Selenium: 75.15µg (107.35%), Vitamin B3: 12.18mg (60.9%), Phosphorus: 501.56mg (50.16%), Vitamin K: 42.27µg (40.25%), Vitamin B1: 0.59mg (39.66%), Vitamin B6: 0.77mg (38.54%), Vitamin D: 5.35µg (35.66%), Folate: 140.85µg (35.21%), Manganese: 0.63mg (31.32%), Iron: 4.31mg (23.97%), Potassium: 764.65mg (21.85%), Vitamin B2: 0.37mg (21.49%), Vitamin B12: 1.29µg (21.46%), Calcium: 202.56mg (20.26%), Fiber: 4.46g (17.83%), Vitamin C: 12.07mg (14.63%), Magnesium: 57.41mg (14.35%), Vitamin A: 575.56IU (11.51%), Copper: 0.17mg (8.29%), Zinc: 1.15mg (7.65%), Vitamin E: 1.08mg (7.19%), Vitamin B5: 0.61mg (6.14%)