



Cilantro and Lime Fish Tacos

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large avocados sliced
- ☐ 3 cups cabbage shredded
- ☐ 1 handful cilantro leaves
- ☐ 8 4-inch corn tortillas ()
- ☐ 0.5 cup crema sour
- ☐ 0.5 teaspoon cumin toasted
- ☐ 1 pound fish such as tilapia white
- ☐ 1 clove garlic chopped

- ☐ 1 green onion sliced
- ☐ 1 jalapeño diced finely
- ☐ 0.5 jalapeno diced seeded
- ☐ 0.5 juice of lime
- ☐ 1 batch cilantro lime crema – see below
- ☐ 1 tablespoon oil
- ☐ 1 batch tomatillo pico de gallo
- ☐ 4 servings salt and pepper to taste

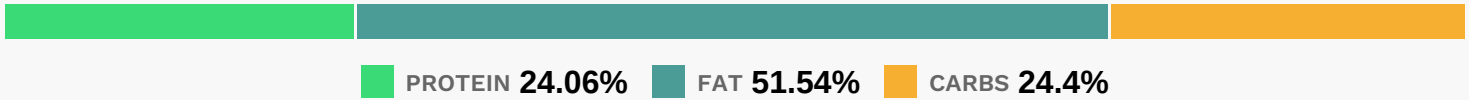
Equipment

- ☐ grill

Directions

- ☐ Marinate the fish in the oil, lime juice and zest, jalapeno, garlic, green onion, cilantro, cumin, salt and pepper for 10–20 minutes.Grill the fish over medium–high heat until cooked, about 4–6 minutes per side. The fish will be cooked when it flakes easily and it is no longer translucent.Flake the fish and serve in tortillas garnished with your favourite toppings.

Nutrition Facts



Properties

Glycemic Index:82.38, Glycemic Load:7.51, Inflammation Score:-8, Nutrition Score:28.100869551949%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 442.5kcal (22.12%), Fat: 26.76g (41.16%), Saturated Fat: 6.12g (38.28%), Carbohydrates: 28.49g (9.5%), Net Carbohydrates: 17.9g (6.51%), Sugar: 4.24g (4.71%), Cholesterol: 73.66mg (24.55%), Sodium: 293.98mg (12.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.1g (56.2%), Selenium: 50.97µg (72.81%), Vitamin K: 75.95µg (72.33%), Vitamin C: 42.85mg (51.93%), Fiber: 10.59g (42.36%), Phosphorus: 377.35mg (37.73%), Folate: 140.04µg (35.01%), Vitamin B3: 6.89mg (34.47%), Vitamin B6: 0.62mg (31.23%), Vitamin B12: 1.85µg (30.87%), Potassium: 1062.65mg (30.36%), Vitamin E: 3.7mg (24.64%), Vitamin D: 3.52µg (23.44%), Magnesium: 93.16mg (23.29%), Vitamin B5: 2.26mg (22.57%), Manganese: 0.4mg (20.03%), Copper: 0.36mg (17.89%), Vitamin B2: 0.3mg (17.81%), Vitamin B1: 0.19mg (12.76%), Iron: 2.16mg (11.99%), Zinc: 1.64mg (10.94%), Calcium: 109.43mg (10.94%), Vitamin A: 546.11IU (10.92%)