



## Citrus Mahi Mahi Tacos

 **Gluten Free**  **Dairy Free**

READY IN



**105 min.**

SERVINGS



**6**

CALORIES



**198 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons ancho chile powder
- 2 tablespoons annatto paste (or 1 tablespoon chili powder)
- 2 teaspoons apple cider vinegar
- 6 bay leaves
- 1 teaspoon brown sugar packed
- 6 servings corn tortillas assorted warmed for serving
- 0.5 teaspoon ground cumin
- 1 juice of lime

- 6 servings kosher salt
- 1.5 pounds mahi mahi fillets skinless cut into 3-inch pieces
- 2 oranges juiced halved sliced (1 ; 1 and )
- 1 teaspoon oregano dried
- 3 scallions roughly chopped
- 8 sprigs thyme leaves

## Equipment

- frying pan
- baking sheet
- oven
- blender
- aluminum foil
- tongs

## Directions

- Put a large piece of aluminum foil on a baking sheet; arrange the fish fillets side by side on the foil and sprinkle with 1/2 teaspoon salt.
- Combine the achiote paste, lime juice, orange juice, oregano, cumin, scallions, chile powder, vinegar and brown sugar in a blender; pulse until smooth.
- Pour the mixture over the fish and turn to coat using tongs. Scatter the thyme sprigs and bay leaves over the fish, then top with orange slices. Cover the fish with another piece of foil and crimp the edges to tightly seal. Marinate in the refrigerator, 1 to 4 hours.
- Position a rack in the upper third of the oven and preheat to 475 degrees F.
- Transfer the fish to the oven and bake until tender, about 25 minutes.
- Remove the herbs and orange slices.
- Serve the fish in tortillas with assorted toppings.
- Trim 2 bunches spring onions; halve lengthwise, if large. Cook in a large cast-iron skillet over medium-high heat until tender and blackened, 5 to 8 minutes.
- Cut into pieces and sprinkle with lime juice and salt.

# Nutrition Facts

PROTEIN 46.79% FAT 10.79% CARBS 42.42%

## Properties

Glycemic Index:36.67, Glycemic Load:6.94, Inflammation Score:-10, Nutrition Score:18.973913026893%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 12.35mg, Hesperetin: 12.35mg, Hesperetin: 12.35mg, Hesperetin: 12.35mg Naringenin: 6.71mg, Naringenin: 6.71mg, Naringenin: 6.71mg, Naringenin: 6.71mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

## Nutrients (% of daily need)

Calories: 197.85kcal (9.89%), Fat: 2.45g (3.76%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 21.63g (7.21%), Net Carbohydrates: 16.54g (6.02%), Sugar: 5.59g (6.21%), Cholesterol: 82.78mg (27.59%), Sodium: 394.58mg (17.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.86g (47.72%), Selenium: 44.36µg (63.37%), Vitamin B3: 8.14mg (40.69%), Vitamin A: 2023.86IU (40.48%), Vitamin C: 28.1mg (34.06%), Vitamin B6: 0.66mg (33.24%), Phosphorus: 271.84mg (27.18%), Potassium: 743.52mg (21.24%), Fiber: 5.09g (20.36%), Vitamin K: 20.17µg (19.21%), Iron: 3.18mg (17.66%), Magnesium: 70.56mg (17.64%), Vitamin E: 2.3mg (15.31%), Manganese: 0.27mg (13.61%), Vitamin B12: 0.68µg (11.34%), Vitamin B5: 1.06mg (10.55%), Vitamin B2: 0.18mg (10.5%), Calcium: 92.06mg (9.21%), Copper: 0.18mg (8.89%), Zinc: 1.2mg (7.97%), Vitamin B1: 0.11mg (7.02%), Folate: 27.5µg (6.87%)