



Cumin-spiced Mahi Mahi Tacos with Nectarine-Avocado Salsa

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 12 corn tortillas
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 teaspoons kosher salt
- ☐ 16 ounce mahi mahi fillets

- ☐ 0.3 teaspoon oregano dried
- ☐ 4 servings nectarine–avocado salsa
- ☐ 4 servings zesty sour cream sour

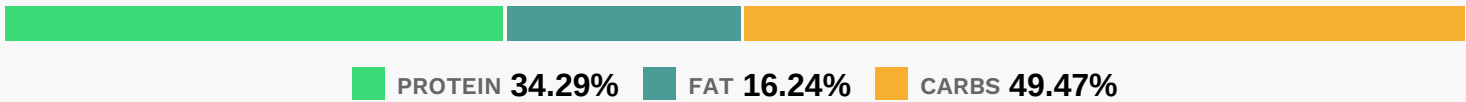
Equipment

- ☐ grill

Directions

- ☐ Combine first 6 ingredients, and sprinkle over all surfaces of the fish. Grill fish, skin side up, on lightly oiled grates over medium–high heat (350 to 40
- ☐ for 4 minutes. Turn fish over, and grill 4 minutes or until fish becomes opaque and begins to flake.
- ☐ Remove skin, and break fish into chunks.
- ☐ Lightly coat tortillas with cooking spray, and grill 1 to 2 minutes each side.
- ☐ Fill each tortilla with fish and top with Nectarine–Avocado Salsa and Zesty Sour Cream.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:15.11, Inflammation Score:-6, Nutrition Score:16.50608678486%

Nutrients (% of daily need)

Calories: 302.34kcal (15.12%), Fat: 5.54g (8.52%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 37.95g (12.65%), Net Carbohydrates: 32.31g (11.75%), Sugar: 2.34g (2.6%), Cholesterol: 89.86mg (29.95%), Sodium: 1221.54mg (53.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.31g (52.62%), Selenium: 46.95µg (67.06%), Phosphorus: 429.79mg (42.98%), Vitamin B3: 8.49mg (42.46%), Vitamin B6: 0.69mg (34.62%), Magnesium: 98.64mg (24.66%), Fiber: 5.64g (22.55%), Potassium: 728.28mg (20.81%), Manganese: 0.34mg (17.2%), Iron: 2.79mg (15.47%), Vitamin B12: 0.71µg (11.76%), Zinc: 1.68mg (11.21%), Calcium: 108.9mg (10.89%), Vitamin B5: 1.04mg (10.43%), Copper: 0.2mg (9.85%), Vitamin B2: 0.16mg (9.62%), Vitamin A: 468.86IU (9.38%), Vitamin B1: 0.11mg (7.58%), Vitamin E: 0.71mg (4.76%), Folate: 12.04µg (3.01%), Vitamin K: 2.48µg (2.36%)