



Fandango Fish Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1033 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado sliced
- 8 corn tortillas warmed
- 16 ounce cornstarch
- 4 servings crème fraîche sour
- 1 bunch cilantro leaves fresh
- 3 cups iceberg lettuce shredded
- 1 lime cut in half
- 1 lime cut into 8 wedges

- 4 servings roasted habanero salsa
- 4 servings salsa de tomate verde
- 4 servings vegetable oil
- 2 pounds fish fillet whole cleaned

Equipment

- paper towels
- oven
- roasting pan

Directions

- Rinse fish, and pat dry.
- Cut 1/2-inch-deep vertical slits on each side, about 1 inch apart. Rub lime halves thoroughly on inside and outside of fish.
- Dredge fish in cornstarch; hold by the tail, and shake to remove excess.
- Pour oil to cover in a large skillet or roasting pan; heat to 350 over medium-high heat.
- Fry fish for 8 to 10 minutes on each side.
- Drain on paper towels.
- Transfer fish to a platter; arrange lettuce and next 3 ingredients around fish.
- Serve immediately with remaining ingredients.
- Note: We tested with red snapper, but you can substitute striped bass. Instead of frying, you can bake the whole fish for 40 minutes at 35
- Omit dredging fish in cornstarch.

Nutrition Facts



Properties

Glycemic Index:54.63, Glycemic Load:11.56, Inflammation Score:-8, Nutrition Score:33.45956507973%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 1033.44kcal (51.67%), Fat: 29.82g (45.88%), Saturated Fat: 6.01g (37.59%), Carbohydrates: 140.88g (46.96%), Net Carbohydrates: 131g (47.64%), Sugar: 6.07g (6.74%), Cholesterol: 120.48mg (40.16%), Sodium: 605.77mg (26.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.32g (102.64%), Selenium: 102.29µg (146.12%), Phosphorus: 626.86mg (62.69%), Vitamin B12: 3.61µg (60.14%), Vitamin K: 60.41µg (57.54%), Vitamin B3: 11.03mg (55.16%), Vitamin D: 7.03µg (46.87%), Fiber: 9.88g (39.53%), Potassium: 1312.01mg (37.49%), Vitamin B6: 0.71mg (35.59%), Magnesium: 128.96mg (32.24%), Folate: 119.31µg (29.83%), Vitamin E: 3.9mg (25.97%), Manganese: 0.5mg (25.05%), Copper: 0.47mg (23.25%), Vitamin C: 18.76mg (22.74%), Vitamin B5: 2.1mg (20.97%), Vitamin A: 925.55IU (18.51%), Iron: 3.32mg (18.46%), Vitamin B2: 0.3mg (17.4%), Vitamin B1: 0.22mg (14.84%), Zinc: 2.05mg (13.67%), Calcium: 116.29mg (11.63%)