



Fish Fajitas with Spicy Salsa Verde

 Dairy Free

READY IN



16 min.

SERVINGS



8

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado sliced
- 0.5 cup cilantro leaves
- 8 8-inch flour tortillas ()
- 2 jalapeño peppers stemmed seeded chopped
- 1 lime fresh
- 1 tablespoon juice of lime fresh
- 1.5 pounds mahi-mahi skinless
- 1 tablespoon olive oil

- 8 servings sal and pepper black freshly ground
- 8 servings sea salt and pepper black freshly ground
- 0.3 teaspoon sugar
- 1.5 pound tomatillos
- 0.5 cup onion white finely chopped

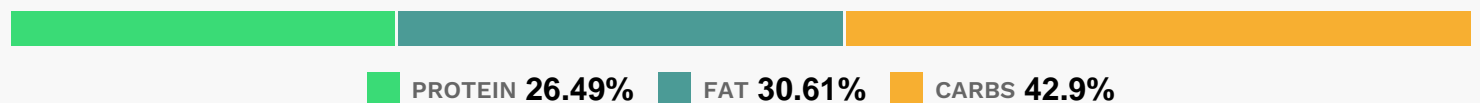
Equipment

- bowl
- paper towels
- grill
- kitchen towels
- tongs

Directions

- Preheat the grill to medium-high heat.
- Cut the fish into 1-inch strips and season with salt and pepper.
- Sprinkle with lime juice.
- With a rag or paper towel, grease the grill with oil to prevent sticking.
- Place fish on grill gently; and cook for 3 minutes on each side, turning carefully with tongs.
- On the cooler outer edges of the grill place the tortillas to warm them.
- Transfer the warmed tortillas to a plate or a wide shallow bowl lined with a clean kitchen towel. Fold the edges of the towel over tortillas to keep them warm.
- To assemble, divide the fish among tortillas and top with salsa verde and avocado slices. Squeeze lime juice over the avocado and roll up the tortillas.

Nutrition Facts



Properties

Glycemic Index:41.39, Glycemic Load:8.71, Inflammation Score:-7, Nutrition Score:19.149565178415%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 320.45kcal (16.02%), Fat: 11.03g (16.98%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 34.79g (11.6%), Net Carbohydrates: 29.12g (10.59%), Sugar: 6.28g (6.97%), Cholesterol: 62.09mg (20.7%), Sodium: 454.06mg (19.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.49g (42.97%), Selenium: 43.06µg (61.51%), Vitamin B3: 9.54mg (47.71%), Phosphorus: 279.29mg (27.93%), Vitamin B6: 0.52mg (25.78%), Vitamin C: 20.62mg (25%), Manganese: 0.48mg (23.88%), Potassium: 809.24mg (23.12%), Fiber: 5.67g (22.69%), Vitamin B1: 0.34mg (22.51%), Vitamin K: 22.77µg (21.68%), Folate: 82.85µg (20.71%), Iron: 3.61mg (20.04%), Vitamin B2: 0.27mg (16.17%), Magnesium: 63.81mg (15.95%), Vitamin B5: 1.25mg (12.5%), Copper: 0.22mg (10.96%), Calcium: 103.51mg (10.35%), Vitamin B12: 0.51µg (8.5%), Vitamin E: 1.27mg (8.48%), Vitamin A: 398.35IU (7.97%), Zinc: 1.05mg (7%)