



Fish Soft Tacos with Pico De Gallo-Black Bean Sauce

 Very Healthy

READY IN



14 min.

SERVINGS



4

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch asparagus ends trimmed cut into 2-inch pieces
- ☐ 1 can black beans drained
- ☐ 1 carrots peeled thinly sliced
- ☐ 6 ounces fish fillet such as baked cod cooked
- ☐ 4 flour tortillas
- ☐ 4 servings stir fried vegetables mixed
- ☐ 1 bell pepper green seeded sliced

- ☐ 0.5 teaspoon ground cumin
- ☐ 4 servings lime wedges
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup pico de gallo
- ☐ 1 bell pepper red seeded sliced
- ☐ 1 cup onion red sliced
- ☐ 0.3 cup cup heavy whipping cream sour

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 425 degrees F.
- ☐ Heat fish and all 4 tortillas in a stack and wrapped in foil on a baking sheet for 8 to 10 minutes.
- ☐ In a bowl, combine pico de gallo, beans, sour cream and cumin.
- ☐ Arrange fish on tortillas and top with pico de gallo-black bean sauce and mixed stir fried vegetables.
- ☐ Serve with a lime wedge on the side.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add onion, carrot, bell peppers, and asparagus and saute 3 to 5 minutes, until soft.
- ☐ servings (or 4 servings for fish tacos, and leftovers for another dish like Robin's
- ☐ Mixed Vegetable Quiche)

Nutrition Facts



 **PROTEIN 22.81%**  **FAT 19.1%**  **CARBS 58.09%**

Properties

Glycemic Index:65.96, Glycemic Load:11, Inflammation Score:-10, Nutrition Score:37.131304326265%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Isorhamnetin: 8.42mg, Isorhamnetin: 8.42mg, Isorhamnetin: 8.42mg, Isorhamnetin: 8.42mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 24.61mg, Quercetin: 24.61mg, Quercetin: 24.61mg, Quercetin: 24.61mg

Nutrients (% of daily need)

Calories: 406.54kcal (20.33%), Fat: 9.1g (14%), Saturated Fat: 3.13g (19.54%), Carbohydrates: 62.27g (20.76%), Net Carbohydrates: 45.59g (16.58%), Sugar: 10.78g (11.98%), Cholesterol: 29.74mg (9.91%), Sodium: 914.4mg (39.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.45g (48.89%), Vitamin A: 9292IU (185.84%), Vitamin C: 86.55mg (104.9%), Fiber: 16.68g (66.7%), Vitamin K: 56.83µg (54.12%), Folate: 216.23µg (54.06%), Manganese: 0.96mg (48.22%), Vitamin B1: 0.66mg (43.68%), Selenium: 29.59µg (42.27%), Phosphorus: 404.01mg (40.4%), Iron: 7.17mg (39.83%), Potassium: 1158.86mg (33.11%), Vitamin B3: 6.54mg (32.71%), Vitamin B2: 0.55mg (32.55%), Copper: 0.62mg (30.85%), Vitamin B6: 0.56mg (28.22%), Magnesium: 107.65mg (26.91%), Calcium: 171.48mg (17.15%), Vitamin E: 2.48mg (16.56%), Zinc: 2.17mg (14.46%), Vitamin B5: 1.17mg (11.73%), Vitamin B12: 0.7µg (11.7%), Vitamin D: 1.32µg (8.79%)