



## Fish Tacos

 Gluten Free

READY IN



26 min.

SERVINGS



6

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 avocado pitted for garnish cut into thin slices,
- 12 small corn tortillas warmed
- 0.3 cup cooking wine dry white
- 1 teaspoon garlic minced
- 6 servings iceberg lettuce shredded for garnish
- 1 lime quartered
- 2 tablespoons juice of lime
- 1.5 pounds mahi-mahi filets

- 6 servings pico de gallo salsa for garnish
- 6 servings cup heavy whipping cream sour for garnish
- 1 tablespoon vegetable oil

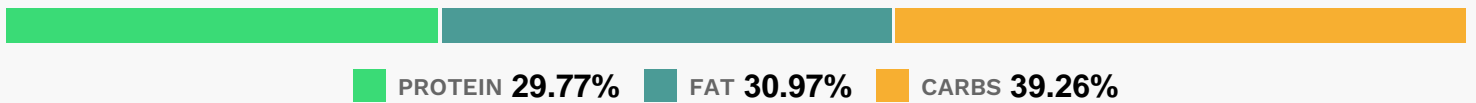
## Equipment

- bowl
- frying pan

## Directions

- Watch how to make this recipe.
- Pat fish dry and combine in a nonreactive bowl with the white wine, lime juice and garlic. Set aside to marinate about 10 to 15 minutes.
- When fish is ready, remove it from the marinade, pat dry, and season with salt and freshly ground black pepper.
- Heat oil in a large nonstick frying pan over medium-high heat. When oil shimmers, place fish skin-side down in skillet. Cook until opaque and firm to touch, about 3 minutes per side.
- Flake the fish, squeeze one of the lime wedges over the top, and toss to coat. To make a taco, stack 2 tortillas on top of each other and fill with fish, lettuce, salsa, a few avocado slices, and a dollop of sour cream. Repeat to make 6 tacos total.

## Nutrition Facts



## Properties

Glycemic Index:33.25, Glycemic Load:11.17, Inflammation Score:-8, Nutrition Score:19.873913060064%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 5.29mg, Hesperetin: 5.29mg, Hesperetin: 5.29mg, Hesperetin: 5.29mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg

Naringenin: 0.44mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

## **Nutrients (% of daily need)**

Calories: 342.45kcal (17.12%), Fat: 11.95g (18.38%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 27.15g (9.87%), Sugar: 5.09g (5.66%), Cholesterol: 89.86mg (29.95%), Sodium: 279.76mg (12.16%), Alcohol: 1.03g (100%), Alcohol %: 0.36% (100%), Protein: 25.84g (51.69%), Selenium: 45.36µg (64.8%), Vitamin B3: 8.44mg (42.22%), Phosphorus: 375.05mg (37.51%), Vitamin B6: 0.71mg (35.69%), Vitamin K: 32.98µg (31.41%), Fiber: 6.93g (27.73%), Potassium: 897.77mg (25.65%), Magnesium: 90.8mg (22.7%), Manganese: 0.37mg (18.43%), Vitamin A: 877.63IU (17.55%), Folate: 63.44µg (15.86%), Vitamin B5: 1.53mg (15.32%), Vitamin C: 12mg (14.54%), Iron: 2.59mg (14.37%), Vitamin B2: 0.2mg (12.01%), Vitamin B12: 0.71µg (11.76%), Copper: 0.23mg (11.26%), Zinc: 1.62mg (10.83%), Calcium: 97.48mg (9.75%), Vitamin B1: 0.14mg (9.27%), Vitamin E: 1.27mg (8.44%)