



Fish Tacos

 **Gluten Free**  **Dairy Free**

READY IN



21 min.

SERVINGS



4

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons ancho chile powder
- 4 servings pickled banana pepper strips
- 1 pinch cinnamon
- 1 pound cod white cut into chunks
- 10 corn tortillas warmed
- 8 sprigs mint leaves fresh
- 1 clove garlic roughly chopped
- 0.3 head cabbage shredded green

- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1 juice of lime juiced
- 4 servings kosher salt and pepper
- 4 servings kosher salt and pepper black freshly ground
- 1 lime cut into 8 wedges
- 0.5 cup mayonnaise
- 0.3 cup olive oil extra-virgin
- 0.5 cup scallions finely chopped

Equipment

- food processor
- bowl
- frying pan

Directions

- Watch how to make this recipe.
- For the fish: In a bowl, combine the oil, spices, salt and pepper.
- Add the fish and make sure each piece is coated with the marinade.
- Put the mayonnaise, garlic, mint, cumin, and lime juice in a food processor. Whizz until smooth. Season with salt, pepper, and more lime juice, if necessary.
- Pour into a bowl and set aside.
- Grab a large, nonstick saute pan and warm it gently over medium heat; no need to add oil since the fish is already coated in oil. Once warm (test by sprinkling some water into the pan, if it sizzles and evaporates, you're ready), place each piece of fish in the pan. It should sizzle gently but firmly when it hits the pan. Cook until cooked through, but still moist, about 3 minutes per side. The fish should flake easily with a fork. Don't overcook your fish! It'll taste awful!
- Remove the fish from the pan and serve immediately with warmed tortillas. I put a light layer of cabbage on the bottom, then the sauce, a few chunks of fish, the scallions, a couple of slices of banana pepper, and a squeeze of lime. And once the fish is finished off, you can do

what I do, and make cabbage tacos – everything except the fish! So good!

Nutrition Facts

■ PROTEIN 17.85% ■ FAT 56.2% ■ CARBS 25.95%

Properties

Glycemic Index:70.13, Glycemic Load:14.18, Inflammation Score:-8, Nutrition Score:27.734782555829%

Flavonoids

Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 592.92kcal (29.65%), Fat: 37.91g (58.32%), Saturated Fat: 5.74g (35.9%), Carbohydrates: 39.39g (13.13%), Net Carbohydrates: 31g (11.27%), Sugar: 3.9g (4.33%), Cholesterol: 94.54mg (31.51%), Sodium: 536.44mg (23.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.09g (54.19%), Vitamin K: 126.88µg (120.84%), Selenium: 47.03µg (67.19%), Vitamin C: 54.57mg (66.14%), Vitamin B3: 8.71mg (43.53%), Phosphorus: 419.42mg (41.94%), Vitamin B6: 0.82mg (41.19%), Fiber: 8.39g (33.56%), Magnesium: 107.22mg (26.8%), Vitamin E: 3.86mg (25.75%), Potassium: 892.91mg (25.51%), Manganese: 0.5mg (24.99%), Iron: 4.03mg (22.4%), Vitamin A: 906.1IU (18.12%), Calcium: 141.21mg (14.12%), Folate: 55.63µg (13.91%), Copper: 0.25mg (12.56%), Vitamin B5: 1.24mg (12.41%), Zinc: 1.83mg (12.21%), Vitamin B12: 0.71µg (11.9%), Vitamin B2: 0.2mg (11.83%), Vitamin B1: 0.17mg (11.47%)