



Fish Tacos

 Gluten Free

READY IN



190 min.

SERVINGS



8

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 small fish fillets with whatever your family's favorite fish is. total weight should be 1 1/2 pounds.)
canned
- 0.1 teaspoon cayenne pepper
- 1 tablespoon chardonnay with it, make it something that you will enjoy finishing your meal!) crisp
- 2 cups masa such as maseca
- 0.3 teaspoon thyme leaves dried
- 1 tablespoon cilantro leaves fresh chopped
- 1 clove garlic minced
- 0.3 tablespoon garlic powder

- 0.1 teaspoon ground pepper fresh black
- 0.1 teaspoon ground pepper white
- 0.3 teaspoon ground pepper fresh black
- 1 jalapeno
- 1 lime fresh
- 1 tablespoon juice of lime fresh
- 0.3 cup mayonnaise
- 0.3 tablespoon onion powder
- 0.3 teaspoon oregano dried
- 2 plum tomatoes
- 0.3 teaspoon salt
- 1 teaspoon salt
- 0.1 teaspoon paprika smoked
- 0.3 cup cup heavy whipping cream sour
- 1 tablespoon vegetable oil
- 0.3 cup water room temperature
- 1 small onion yellow

Equipment

- bowl
- frying pan
- paper towels
- oven
- mixing bowl

Directions

- Watch how to make this recipe.
- Remove the thin outer layers of the onion and chop into 1/8- by 1/8-inch pieces. Chop the jalapeno in half and remove the seeds and inner membrane (use gloves when handling the

- jalapeno). Dice the jalapeno into small pieces.
- Cut the tomatoes into 1/8- by 1/8-inch pieces.
 - Cut the lime in half and squeeze the juice into the mix.
 - Add the salt and pepper.
 - Let all the ingredients sit and marinate for at least 30 minutes.
 - Mix the mayonnaise, sour cream, cilantro, lime juice, garlic powder and onion powder together and let marinate for at least 30 minutes.
 - Place the corn flour in a mixing bowl.
 - Add the salt and pepper. Slowly add the water while mixing the dough with your hands until it becomes a tad bit softer than a "play dough" consistency. Break off the dough into twenty-four 1/4-inch round balls. Flatten the dough using a tortilla press that has been lined with a ziptop bag on each side.
 - Remove the dough and place directly onto a skillet that has been lightly oiled and heated to 350 degrees F. When you notice the dough just beginning to show stress cracks, about 3 minutes, flip it and cook an additional 5 minutes.
 - Remove from the heat and stack with paper towels in between each tortilla.
 - Combine the oregano, thyme, smoked paprika, cayenne pepper and white pepper in a bowl and mix together.
 - Cut your fresh fish into small cubes about 1/4- by 1/4-inch.
 - Sprinkle liberally with 1/2 tablespoon of the blackening seasoning.
 - Heat the oil in a pan over medium-high heat.
 - Add the fish to the pan and saute for 1 minute.
 - Add the garlic to the pan and continue to saute for about 45 more seconds.
 - Add the wine and cilantro. Finish cooking about 1 more minute.
 - Reheat the tortillas if necessary, remove from the heat and add some lettuce, cooked fish, cilantro lime sauce and pico de "guyo".
 - Serve 3 per plate. Enjoy!

Nutrition Facts

 PROTEIN **6.73%**  FAT **42.52%**  CARBS **50.75%**

Properties

Glycemic Index:50.5, Glycemic Load:0.66, Inflammation Score:-4, Nutrition Score:5.5900000016326%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 196.57kcal (9.83%), Fat: 9.54g (14.68%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 25.62g (8.54%), Net Carbohydrates: 23.02g (8.37%), Sugar: 1.83g (2.03%), Cholesterol: 7.31mg (2.44%), Sodium: 413.79mg (17.99%), Alcohol: 0.2g (100%), Alcohol %: 0.27% (100%), Protein: 3.4g (6.8%), Vitamin K: 17.58µg (16.75%), Fiber: 2.61g (10.43%), Vitamin C: 8.12mg (9.84%), Manganese: 0.2mg (9.75%), Vitamin B6: 0.19mg (9.45%), Magnesium: 32.45mg (8.11%), Phosphorus: 80.5mg (8.05%), Selenium: 4.81µg (6.87%), Calcium: 57.88mg (5.79%), Vitamin B1: 0.08mg (5.54%), Vitamin A: 238.63IU (4.77%), Potassium: 162.24mg (4.64%), Vitamin E: 0.64mg (4.26%), Zinc: 0.64mg (4.23%), Copper: 0.08mg (4.05%), Folate: 15.11µg (3.78%), Iron: 0.68mg (3.77%), Vitamin B3: 0.65mg (3.27%), Vitamin B2: 0.05mg (3.1%), Vitamin B5: 0.15mg (1.52%)