



Fish Tacos

 Dairy Free

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

694 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted halved sliced
- ☐ 0.3 cup canola oil
- ☐ 1 pound flaky fish fillets white such as haddock, halibut or cod
- ☐ 8 flour tortillas
- ☐ 2 cloves garlic smashed
- ☐ 2 tablespoons honey
- ☐ 1 jalapeño minced
- ☐ 4 servings kosher salt

- ☐ 1 lime zest juiced
- ☐ 0.5 teaspoon pimentón
- ☐ 0.5 head savoy cabbage shredded
- ☐ 3 scallions sliced
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup vinegar white

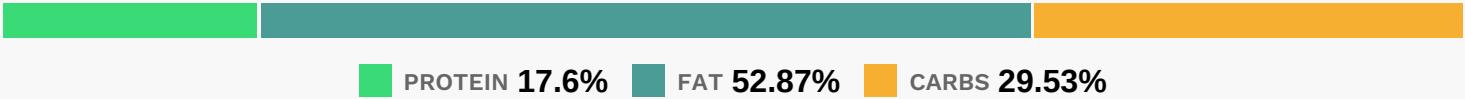
Equipment

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

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the cabbage, scallion, and jalapeno, if using, in a medium bowl.
- ☐ Cut the fish into strips.
- ☐ Combine the fish with the lime zest and juice, pimenton, garlic, oil and salt, to taste, in a medium bowl. This can be done a day ahead, covered and refrigerated.
- ☐ In a small bowl, combine the vinegar, honey and oil.
- ☐ Add to the cabbage mixture and toss until well dressed. Season with salt, to taste. If using within a couple of hours let it sit at room temperature, if making this ahead, refrigerate until ready to use.
- ☐ Preheat the oven to 350 degrees F. Wrap the tortillas in foil.
- ☐ Put the fish strips on a parchment-lined baking sheet.
- ☐ Put the fish and tortillas in the preheated oven for 8 to 10 minutes.
- ☐ While the fish is in the oven, taste the cabbage for seasoning and adjust, if needed.
- ☐ Remove the fish and tortillas from the oven. Put some fish in the center of a tortilla, top with a couple of avocado slices and finish with some of the cabbage slaw. Repeat with remaining ingredients and serve.

Nutrition Facts



Properties

Glycemic Index:83.57, Glycemic Load:16.06, Inflammation Score:-9, Nutrition Score:34.694782713185%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 694.09kcal (34.7%), Fat: 41.95g (64.54%), Saturated Fat: 6.63g (41.41%), Carbohydrates: 52.71g (17.57%), Net Carbohydrates: 42.82g (15.57%), Sugar: 14.41g (16.01%), Cholesterol: 56.7mg (18.9%), Sodium: 736.35mg (32.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.42g (62.84%), Vitamin K: 148.57µg (141.49%), Selenium: 62.56µg (89.37%), Vitamin C: 51.14mg (61.99%), Folate: 222.69µg (55.67%), Vitamin B3: 8.47mg (42.34%), Phosphorus: 401.11mg (40.11%), Fiber: 9.89g (39.58%), Vitamin E: 5.56mg (37.05%), Manganese: 0.68mg (33.92%), Vitamin B1: 0.48mg (31.71%), Vitamin B6: 0.62mg (30.79%), Vitamin B12: 1.79µg (29.86%), Potassium: 987.24mg (28.21%), Vitamin A: 1408.46IU (28.17%), Magnesium: 94.34mg (23.59%), Vitamin D: 3.52µg (23.44%), Iron: 3.9mg (21.69%), Vitamin B2: 0.36mg (21.22%), Copper: 0.34mg (17.23%), Vitamin B5: 1.63mg (16.31%), Calcium: 162.02mg (16.2%), Zinc: 1.43mg (9.53%)