



Fish Tacos

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

READY IN



45 min.

SERVINGS



12

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup olives black pitted chopped
- 12 servings vegetable oil for frying
- 3 spring onion sliced thin
- 3 cups lettuce shredded
- 12 7-inch corn tortillas
- 3 tablespoons olive oil
- 3 tablespoons cilantro leaves fresh chopped
- 0.5 pound tomatoes seeded chopped

- 2 tablespoons juice of lime fresh to taste
- 2 tablespoons citrus champagne vinegar to taste
- 1.5 cups radishes grated
- 1.5 pounds fish fillet white flaked cooked drained well
- 2 frangelico to taste seeded fresh minced

Equipment

- bowl
- frying pan
- paper towels
- tongs

Directions

- In a bowl toss together the scrod, the olives, the tomatoes, the scallions, the chilies, the lime juice, the vinegar, the oil, the coriander, and salt and black pepper to taste and chill the filling, covered, for at least 1 hour or overnight.
- In a skillet heat 1/2 inch of the oil over moderately high heat until it is hot but not smoking, in it fry the tortillas, 1 at a time, folding them almost in half with tongs to form taco shells, for 1 minute, or until they are crisp and golden, and transfer them as they are fried with the tongs to paper towels to drain. Divide the filling among the tacos and top it with the lettuce and the radishes.

Nutrition Facts



Properties

Glycemic Index:18.04, Glycemic Load:6.81, Inflammation Score:-5, Nutrition Score:10.341304457706%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin:

0.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 200.54kcal (10.03%), Fat: 9.15g (14.08%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 14.11g (5.13%), Sugar: 1.56g (1.73%), Cholesterol: 28.35mg (9.45%), Sodium: 141.33mg (6.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.82g (27.64%), Selenium: 25.89µg (36.99%), Phosphorus: 212.98mg (21.3%), Vitamin K: 20.68µg (19.7%), Vitamin B12: 0.9µg (14.93%), Vitamin B3: 2.91mg (14.56%), Fiber: 3.03g (12.12%), Vitamin D: 1.76µg (11.72%), Magnesium: 45.4mg (11.35%), Vitamin B6: 0.2mg (10.09%), Potassium: 351.67mg (10.05%), Vitamin E: 1.43mg (9.5%), Manganese: 0.19mg (9.47%), Vitamin C: 6.59mg (7.99%), Folate: 29.34µg (7.33%), Copper: 0.13mg (6.33%), Vitamin A: 309.48IU (6.19%), Iron: 1mg (5.58%), Vitamin B1: 0.07mg (4.93%), Zinc: 0.74mg (4.91%), Calcium: 46.84mg (4.68%), Vitamin B2: 0.07mg (4.37%), Vitamin B5: 0.38mg (3.76%)