



Fish Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons ancho chili powder
- ☐ 0.3 cup cilantro leaves fresh packed plus more for garnish chopped
- ☐ 8 corn tortillas fresh
- ☐ 1 pound mahi-mahi white cut into 4 pieces (such as mahi mahi or cod)
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 jalapeno stemmed chopped
- ☐ 2 lime cut into quarters
- ☐ 4 servings crema mexicana homemade store-bought

- ☐ 0.3 cup olive oil
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.5 onion red thinly sliced
- ☐ 1.5 cups red wine vinegar
- ☐ 4 servings salsa fresh
- ☐ 4 servings salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ microwave

Directions

- ☐ Marinate the Onion
- ☐ Put the onion in a small bowl and pour in enough red wine vinegar to cover well. Set aside for at least 30 minutes or up to several weeks.
- ☐ Marinate the Fish
- ☐ Pour the olive oil into a small bowl and add the ancho chile powder, oregano, cumin, chopped cilantro, and jalapeño.
- ☐ Mix well.
- ☐ Place the fish on a dish and pour the marinade over it, making sure to coat the fish well on both sides. Allow to marinate for 20 minutes.
- ☐ Cook the Fish
- ☐ Heat a nonstick sauté pan over medium-high heat.
- ☐ Remove the fish from the marinade and place in the hot pan (there is no need to add more oil). Season the fish with salt. Cook the fish for 4 minutes undisturbed, then turn over, and cook for another 2 minutes.
- ☐ Remove the pan from the heat and flake the fish into the pan with a fork, making sure to mix in all the marinade that has stuck to the bottom of the pan. Check for seasoning and add more

salt if necessary. Set aside.

- ☐ Heat the Tortillas
- ☐ Place four of the tortillas on a plate and sandwich them between two slightly dampened sheets of paper towel. Microwave on high for 45 seconds.
- ☐ Place the warm tortillas in a towel-lined basket or plate and cover. Repeat with the remaining tortillas.
- ☐ Assemble and
- ☐ Serve
- ☐ To assemble the tacos, place a heaping spoonful of the marinated flaked fish onto the center of a tortilla. Top with the marinated onions.
- ☐ Serve accompanied by Mexican crema and salsa.
- ☐ Garnish with lime wedges and cilantro sprigs.

☐ COOKING NOTES

☐ INGREDIENTS

☐ Fish
You can use any fish you like so long as you can flake the flesh when it is cooked. Most white fish fall under this category.

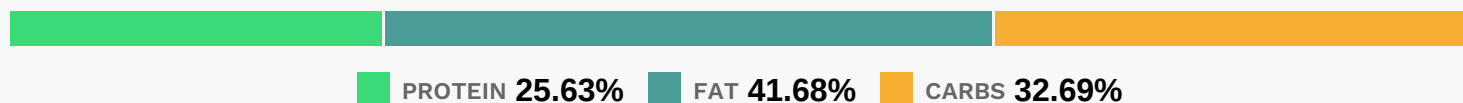
☐ Marinated Onions
Once you make this very simple condiment, you will find yourself keeping a container of these onions in your refrigerator to add to all of your dishes. Don't be alarmed by the amount of vinegar needed to cover the onions completely. Since you will most likely have onions leftover, keep them submerged in the vinegar in a refrigerated airtight container. You can then use the vinegar for your other cooking needs. The onions will keep for several weeks.

ADVANCE PREPARATION The onions and fish can be made up to a day in advance. When reheating the fish, you may want to add about 1 tablespoon of water to make sure the fish does not dry out.

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Nutrition Facts



Properties

Glycemic Index:45.88, Glycemic Load:11.23, Inflammation Score:-9, Nutrition Score:18.713478337164%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 403.93kcal (20.2%), Fat: 18.47g (28.42%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 26.84g (9.76%), Sugar: 3.54g (3.93%), Cholesterol: 90.73mg (30.24%), Sodium: 610.98mg (26.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.56g (51.12%), Selenium: 45.28µg (64.68%), Vitamin B3: 8.33mg (41.64%), Phosphorus: 358.86mg (35.89%), Vitamin B6: 0.7mg (34.77%), Fiber: 5.76g (23.02%), Potassium: 782.82mg (22.37%), Magnesium: 88.08mg (22.02%), Vitamin E: 3.14mg (20.92%), Vitamin C: 16.28mg (19.74%), Iron: 3.36mg (18.69%), Vitamin K: 18.94µg (18.04%), Manganese: 0.35mg (17.55%), Vitamin A: 786.8IU (15.74%), Calcium: 129.81mg (12.98%), Vitamin B12: 0.68µg (11.34%), Vitamin B5: 1.09mg (10.92%), Copper: 0.2mg (10.09%), Zinc: 1.43mg (9.53%), Vitamin B2: 0.15mg (8.81%), Vitamin B1: 0.11mg (7.07%), Folate: 18.42µg (4.6%)