



Fish Tacos



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings regular corn
- ☐ 8 servings lime wedges
- ☐ 0.5 teaspoon pepper
- ☐ 24 oz onion red
- ☐ 8 servings salsa
- ☐ 1 teaspoon salt
- ☐ 8 servings coleslaw mix
- ☐ 4 pounds tilapia firm

- ☐ 0.3 cup vegetable oil
- ☐ 24 corn tortillas white (6 in.)

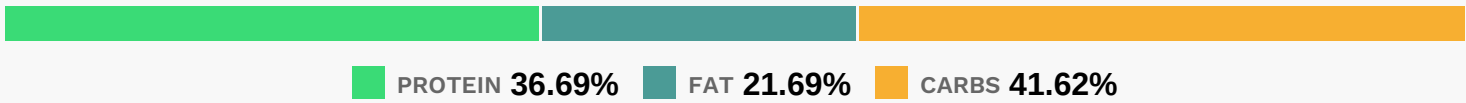
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Rinse fish and pat dry. Peel onions and cut lengthwise into quarters, keeping root ends intact.
- ☐ Brush both sides of the fish fillets and the onion quarters with oil.
- ☐ Sprinkle evenly with salt and pepper. Wrap stack of tortillas in foil.
- ☐ Set tortillas and onions on an oiled barbecue grill over medium-hot coals or medium-high heat on a gas grill (you can hold your hand at grill level only 3 to 4 seconds); close lid on gas grill. Cook tortillas until hot, turning 2 or 3 times, 10 to 15 minutes total.
- ☐ Place warm tortillas in a napkin-lined basket. Cook onions, turning once, until cooked through and lightly charred, 10 to 15 minutes total.
- ☐ Grill the fish, turning once, until barely opaque in center of thickest part (cut to test), 6 to 8 minutes total.
- ☐ Arrange fish, onions, and lime wedges on a platter or divide among plates. Offer relish and salsa to add to taste.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:24.84, Inflammation Score:-8, Nutrition Score:31.023913113967%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg

0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 17.27mg, Quercetin: 17.27mg, Quercetin: 17.27mg, Quercetin: 17.27mg

Nutrients (% of daily need)

Calories: 566.07kcal (28.3%), Fat: 14.2g (21.84%), Saturated Fat: 2.92g (18.22%), Carbohydrates: 61.29g (20.43%), Net Carbohydrates: 52.42g (19.06%), Sugar: 9.06g (10.06%), Cholesterol: 113.4mg (37.8%), Sodium: 658.04mg (28.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.04g (108.08%), Selenium: 100.44µg (143.49%), Phosphorus: 725.31mg (72.53%), Vitamin B12: 3.58µg (59.72%), Vitamin B3: 11.78mg (58.9%), Vitamin D: 7.03µg (46.87%), Vitamin B6: 0.81mg (40.28%), Magnesium: 151.12mg (37.78%), Fiber: 8.87g (35.47%), Potassium: 1209.04mg (34.54%), Manganese: 0.63mg (31.55%), Folate: 94.01µg (23.5%), Vitamin B5: 1.97mg (19.75%), Vitamin B1: 0.29mg (19.29%), Copper: 0.38mg (19.23%), Vitamin K: 18.67µg (17.78%), Zinc: 2.46mg (16.41%), Iron: 2.92mg (16.2%), Vitamin B2: 0.27mg (15.97%), Vitamin E: 2.16mg (14.43%), Vitamin C: 11.79mg (14.3%), Calcium: 118.15mg (11.82%), Vitamin A: 361.53IU (7.23%)