



## Fish Tacos



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 avocado firm ripe peeled sliced
- ☐ 4 servings canola oil (for brushing grill)
- ☐ 1 teaspoon chili powder divided
- ☐ 8 6-inch corn tortillas blue yellow ()
- ☐ 4 tablespoons cilantro leaves fresh divided
- ☐ 2 garlic clove minced
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 mangos firm ripe peeled cut into 1/4-inch-thick matchsticks

- ☐ 3 radishes thinly sliced
- ☐ 0.5 small onion red sliced
- ☐ 0.5 cup red wine vinegar
- ☐ 0.3 cup sugar
- ☐ 1 pound tilapia

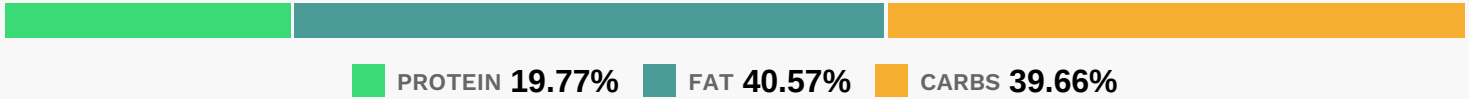
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ grill pan

## Directions

- ☐ Combine the red wine vinegar, sugar, and 1/4 teaspoon chili powder in a small saucepan; bring to a boil.
- ☐ Remove the pan from heat, and stir in the red onion and radishes.
- ☐ Let stand, uncovered, 10 minutes or until cooled.
- ☐ Rinse fish; pat dry. Gently toss with 1/4 cup lime juice, 1/2 teaspoon chili powder, and the garlic in shallow glass dish. Marinate for 10 minutes at room temperature.
- ☐ Gently toss mango and avocado in small bowl with remaining 1/4 teaspoon chili powder and 2 tablespoons each cilantro and remaining lime juice.
- ☐ Preheat a lightly oiled grill rack or grill pan.
- ☐ Remove fish from marinade, and grill, turning once, 23 minutes per side or until cooked through and golden brown.
- ☐ Transfer to a plate; cover and keep warm. Grill tortillas lightly until pale golden and slightly crisp.
- ☐ Transfer to 4 serving plates, folding tortillas to form U-shape.
- ☐ Fill tortillas with fish, pickled vegetables, avocado mixture, remaining 2 tablespoons cilantro, and salsa verde, if desired; serve.

# Nutrition Facts



## Properties

Glycemic Index:83.34, Glycemic Load:26.09, Inflammation Score:-8, Nutrition Score:23.664782876554%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 1.9mg, Pelargonidin: 1.9mg, Pelargonidin: 1.9mg, Pelargonidin: 1.9mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg 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 Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

## Nutrients (% of daily need)

Calories: 540.77kcal (27.04%), Fat: 25.15g (38.7%), Saturated Fat: 3.07g (19.18%), Carbohydrates: 55.34g (18.45%), Net Carbohydrates: 47.31g (17.2%), Sugar: 25.46g (28.29%), Cholesterol: 56.7mg (18.9%), Sodium: 99.62mg (4.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.58g (55.16%), Selenium: 51.6µg (73.72%), Phosphorus: 402.51mg (40.25%), Vitamin C: 30.59mg (37.08%), Vitamin B3: 6.54mg (32.72%), Fiber: 8.03g (32.12%), Vitamin E: 4.79mg (31.95%), Vitamin B12: 1.79µg (29.86%), Vitamin B6: 0.54mg (27.12%), Vitamin K: 26.27µg (25.02%), Folate: 98.08µg (24.52%), Potassium: 844.43mg (24.13%), Vitamin D: 3.52µg (23.44%), Magnesium: 93.11mg (23.28%), Manganese: 0.39mg (19.38%), Copper: 0.34mg (17.18%), Vitamin A: 817.76IU (16.36%), Vitamin B5: 1.47mg (14.65%), Vitamin B2: 0.21mg (12.21%), Iron: 1.95mg (10.82%), Vitamin B1: 0.16mg (10.57%), Zinc: 1.52mg (10.13%), Calcium: 77.8mg (7.78%)