



Fish Tacos

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings corn-avocado relish
- ☐ 8 servings lime wedges
- ☐ 0.5 teaspoon pepper
- ☐ 24 oz onions red
- ☐ 8 servings try build-a-meal
- ☐ 8 servings salsa fresca
- ☐ 1 teaspoon salt
- ☐ 8 servings easy garden slaw

- ☐ 4 pounds boned and skinned tilapia fillets firm
- ☐ 0.3 cup vegetable oil
- ☐ 24 corn tortillas white (6 in.)

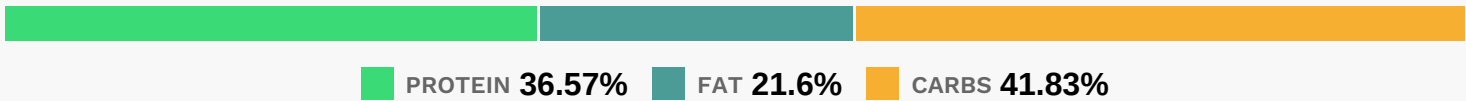
Equipment

- ☐ 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.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:24.84, Inflammation Score:-8, Nutrition Score:31.373043827389%

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 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: 569.31kcal (28.47%), Fat: 14.23g (21.89%), Saturated Fat: 2.92g (18.24%), Carbohydrates: 61.97g (20.66%), Net Carbohydrates: 52.88g (19.23%), Sugar: 9.07g (10.07%), Cholesterol: 113.4mg (37.8%), Sodium: 658.05mg (28.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.18g (108.36%), Selenium: 100.95µg (144.21%), Phosphorus: 731.63mg (73.16%), Vitamin B12: 3.58µg (59.72%), Vitamin B3: 11.84mg (59.18%), Vitamin D: 7.03µg (46.87%), Vitamin B6: 0.81mg (40.48%), Magnesium: 153.6mg (38.4%), Fiber: 9.09g (36.38%), Manganese: 0.7mg (34.9%), Potassium: 1216.34mg (34.75%), Folate: 94.16µg (23.54%), Vitamin B5: 1.99mg (19.9%), Copper: 0.39mg (19.58%), Vitamin B1: 0.29mg (19.49%), Vitamin K: 18.73µg (17.83%), Zinc: 2.52mg (16.78%), Iron: 2.98mg (16.55%), Vitamin B2: 0.27mg (16.15%), Vitamin E: 2.18mg (14.52%), Vitamin C: 11.79mg (14.3%), Calcium: 118.71mg (11.87%), Vitamin A: 361.64IU (7.23%)