



WHATSheATE



HEALTH SCORE

57%

Fish Tacos



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 6-inch corn tortillas ()
- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 2 fillet margarita grouper flaked
- ☐ 1 lime quartered
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 1.5 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 0.5 cup onion red vertically sliced
- ☐ 0.5 teaspoon red wine vinegar

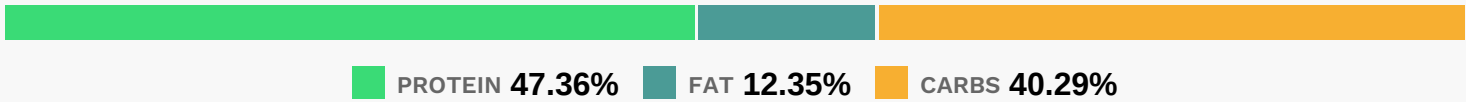
Equipment

- ☐ whisk
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ To prepare dressing, combine first 4 ingredients, stirring well with a whisk.
- ☐ To prepare tacos, place tortillas in a zip-top plastic bag; microwave tortillas at high 40 seconds. Divide Margarita Grouper Fillets and onion evenly over half of each tortilla; drizzle each serving with about 2 teaspoons dressing. Fold tortillas in half.
- ☐ Serve with lime wedges.
- ☐ (Totals include Margarita Grouper Fillets)

Nutrition Facts



Properties

Glycemic Index:70.75, Glycemic Load:11.71, Inflammation Score:-7, Nutrition Score:17.21521733604%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 14.74mg, Hesperetin: 14.74mg, Hesperetin: 14.74mg, Hesperetin: 14.74mg Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

Nutrients (% of daily need)

Calories: 309.27kcal (15.46%), Fat: 4.28g (6.59%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 26.5g (9.64%), Sugar: 2.8g (3.12%), Cholesterol: 66.05mg (22.02%), Sodium: 123.51mg (5.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.92g (73.84%), Selenium: 65.84µg (94.06%), Phosphorus: 463.42mg (46.34%), Vitamin B6: 0.69mg (34.49%), Potassium: 1035.39mg (29.58%), Magnesium: 97.45mg (24.36%), Fiber: 4.91g (19.66%), Vitamin B12: 1.06µg (17.63%), Vitamin C: 13.97mg (16.94%), Vitamin B5: 1.46mg (14.59%), Iron: 2.46mg (13.65%), Vitamin B1: 0.2mg (13.4%), Manganese: 0.25mg (12.49%), Calcium: 121.7mg (12.17%),

Zinc: 1.65mg (11.01%), Copper: 0.15mg (7.72%), Folate: 29.67µg (7.42%), Vitamin B3: 1.44mg (7.2%), Vitamin A: 306.58IU (6.13%), Vitamin B2: 0.07mg (4.21%), Vitamin E: 0.27mg (1.78%)