



 **59%**
HEALTH SCORE

Fish Tacos with Corn Salsa

 Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



6

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup roasted corn kernels
- 6 servings flour tortillas
- 0.3 cup cilantro leaves fresh minced
- 0.3 cup green onion thinly sliced
- 1 pound halibut white firm cut into 3 by 1/2-inch pieces
- 2 small jalapeños diced seeded
- 2 lemon halves
- 0.3 cup red wine vinegar

- 2 cups romaine lettuce shredded
- 6 servings salt and pepper black freshly ground
- 3 ounces vegetable juice such as v8
- 1 cup vine-ripe tomatoes diced red
- 0.3 cup onion diced yellow

Equipment

- bowl
- grill

Directions

- For the corn salsa: In a bowl, blend the tomatoes, corn, green onions, yellow onions, cilantro, vinegar, juice, jalapenos and salt and pepper to taste, mixing well. Refrigerate for 30 minutes to 1 hour.
- For the tacos: Preheat a grill to 350 degrees F.
- Sprinkle the fish with salt and pepper and grill for 3 to 4 minutes. Flip the fish over and grill for 3 to 4 minutes.
- Remove the fish from the grill and keep warm.
- Grill the tortillas on each side for 1 minute. Be careful not to scorch the tortillas. Divide the lettuce evenly on each tortilla. Top each tortilla with the fish, squeeze of lemon juice and 1 to 2 tablespoons of the corn salsa and serve.

Nutrition Facts



PROTEIN 35.89% FAT 17.12% CARBS 46.99%

Properties

Glycemic Index:57.58, Glycemic Load:6.01, Inflammation Score:-9, Nutrition Score:18.686956675156%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.33mg,

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 197.95kcal (9.9%), Fat: 3.81g (5.87%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 20.07g (7.3%), Sugar: 4.5g (5%), Cholesterol: 37.04mg (12.35%), Sodium: 330.16mg (14.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.98g (35.96%), Selenium: 41.54µg (59.34%), Vitamin C: 34.56mg (41.9%), Vitamin A: 1890.32IU (37.81%), Vitamin B3: 6.71mg (33.57%), Vitamin K: 31.93µg (30.41%), Phosphorus: 268.88mg (26.89%), Vitamin B6: 0.53mg (26.43%), Vitamin D: 3.55µg (23.69%), Folate: 76.94µg (19.24%), Potassium: 600.48mg (17.16%), Vitamin B1: 0.24mg (15.76%), Fiber: 3.47g (13.87%), Vitamin B12: 0.83µg (13.86%), Manganese: 0.28mg (13.77%), Iron: 1.88mg (10.43%), Magnesium: 36.51mg (9.13%), Vitamin B2: 0.15mg (8.91%), Calcium: 75.36mg (7.54%), Vitamin E: 0.89mg (5.94%), Copper: 0.1mg (5.03%), Vitamin B5: 0.5mg (5.01%), Zinc: 0.62mg (4.11%)