



Fish Tacos with Jicama-Cilantro Coleslaw

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 24 flour tortilla
- ☐ 2 tablespoons ground cumin
- ☐ 8 servings jicama
- ☐ 1 lime
- ☐ 2.5 pounds mahi-mahi cut into 2-ounce pieces
- ☐ 8 servings radishes sliced
- ☐ 8 servings salsa verde

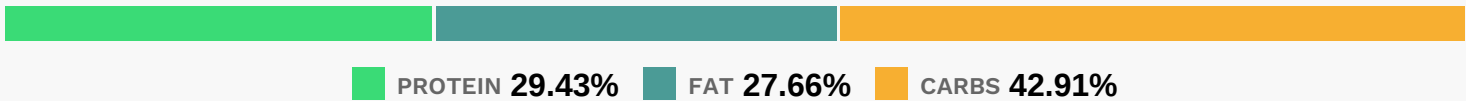
Equipment

☐ frying pan

Directions

- ☐ Grate rind from lime, and squeeze juice to measure 3 tablespoons.
- ☐ Place rind and juice in a 1-gallon zip-top freezer bag.
- ☐ Add cumin and oil. Seal bag, and shake to combine.
- ☐ Add fish to marinade. Reseal bag, and turn to coat fish. Chill several hours.
- ☐ Heat a large cast-iron or nonstick skillet over medium-high heat until hot.
- ☐ Add fish, and cook 10 minutes or until browned on all sides.
- ☐ Remove each piece of fish from skillet when it is done. (Do not overcook.) Break fish into smaller chunks.
- ☐ Toast tortillas on both sides in a large skillet over medium heat while fish cooks. Cover tortillas, and keep warm.
- ☐ Spoon fish into tortillas; top with Jicama-Cilantro Coleslaw and Fire-roasted Tomatillo-and-Poblano Salsa.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:14.62, Inflammation Score:-7, Nutrition Score:24.07608714311%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 475.13kcal (23.76%), Fat: 14.34g (22.06%), Saturated Fat: 3.32g (20.78%), Carbohydrates: 50.06g (16.69%), Net Carbohydrates: 45.54g (16.56%), Sugar: 6.61g (7.35%), Cholesterol: 103.48mg (34.49%), Sodium: 1042.57mg (45.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.33g (68.66%), Selenium: 72.27µg (103.25%), Vitamin B3: 12.86mg (64.3%), Phosphorus: 408.87mg (40.89%), Iron: 6.12mg (33.99%), Vitamin B6: 0.67mg (33.59%), Vitamin B1: 0.5mg (33.34%), Manganese: 0.56mg (27.86%), Potassium: 939.13mg (26.83%), Folate: 107.13µg (26.78%), Vitamin B2: 0.38mg (22.5%), Magnesium: 74.24mg (18.56%), Calcium: 184.01mg (18.4%), Fiber: 4.52g (18.08%), Vitamin C: 12.55mg (15.22%), Vitamin B12: 0.85µg (14.17%), Vitamin B5: 1.33mg (13.26%), Vitamin K: 11.11µg (10.58%), Copper: 0.2mg (9.98%), Vitamin A: 482.65IU (9.65%), Zinc: 1.37mg (9.16%), Vitamin E: 0.99mg (6.61%)