



Fish Tacos with Lime Crema and Mango Salsa



Gluten Free



Dairy Free

READY IN



33 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 avocado ripe peeled
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 8 6-inch corn tortillas gluten-free ()
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.5 cup mayonnaise reduced-fat
- ☐ 1 pound mahi-mahi

- ☐ 1.8 cups mangos diced peeled (2 mangoes)
- ☐ 2 cups cabbage shredded red
- ☐ 0.3 cup onion diced red
- ☐ 0.1 teaspoon salt

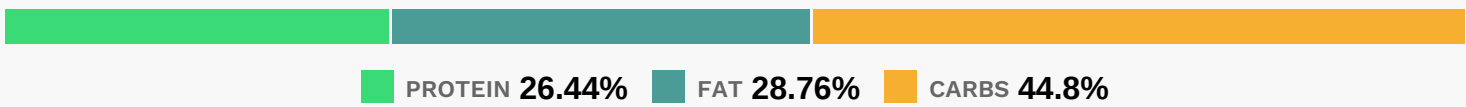
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ To prepare salsa, combine first 3 ingredients in a bowl. Cover and refrigerate until ready to serve.
- ☐ To prepare Lime Crema, place mayonnaise and next 3 ingredients (through avocado) in a food processor; process until smooth. Cover and refrigerate up to 2 days.
- ☐ To prepare tacos, preheat grill to medium-high heat.
- ☐ Sprinkle fish with salt and pepper.
- ☐ Place fish on grill rack coated with cooking spray; cook 5 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Remove from grill; break into chunks with a fork.
- ☐ While fish cooks, warm tortillas according to package directions.
- ☐ Spoon 3 ounces fish, 1/4 cup salsa, 1 1/2 tablespoons crema, and 1/4 cup cabbage onto each tortilla; fold in half.

Nutrition Facts



Properties

Glycemic Index:74.31, Glycemic Load:16.22, Inflammation Score:-9, Nutrition Score:24.821304362753%

Flavonoids

Cyanidin: 93.53mg, Cyanidin: 93.53mg, Cyanidin: 93.53mg, Cyanidin: 93.53mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 381.17kcal (19.06%), Fat: 12.56g (19.33%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 44.03g (14.68%), Net Carbohydrates: 36.69g (13.34%), Sugar: 13.85g (15.39%), Cholesterol: 87.26mg (29.09%), Sodium: 443.57mg (19.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.99g (51.98%), Vitamin C: 58.86mg (71.35%), Selenium: 46.18µg (65.96%), Vitamin K: 47.37µg (45.12%), Vitamin B3: 8.86mg (44.29%), Vitamin B6: 0.83mg (41.56%), Phosphorus: 371.79mg (37.18%), Vitamin A: 1693.75IU (33.88%), Fiber: 7.34g (29.37%), Potassium: 968.47mg (27.67%), Magnesium: 96.23mg (24.06%), Manganese: 0.41mg (20.51%), Folate: 73.19µg (18.3%), Vitamin B5: 1.52mg (15.2%), Iron: 2.65mg (14.7%), Copper: 0.28mg (14%), Vitamin E: 2.06mg (13.73%), Vitamin B2: 0.21mg (12.47%), Vitamin B12: 0.68µg (11.34%), Zinc: 1.58mg (10.56%), Vitamin B1: 0.15mg (9.89%), Calcium: 97.46mg (9.75%)