



Fish Tacos with Mango Salsa Verde

 Dairy Free  Very Healthy

READY IN



34 min.

SERVINGS



2

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon chili powder
- ☐ 4 8-inch flour whole-wheat ()
- ☐ 4 teaspoons cilantro leaves fresh chopped
- ☐ 0.5 cup tomatoes green chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup mangos peeled chopped
- ☐ 1 cup the salad mixed

- ☐ 0.5 teaspoon old bay seasoning
- ☐ 2 tablespoons onion red finely chopped
- ☐ 12 ounce tilapia

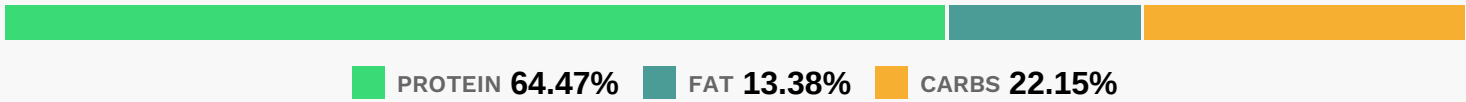
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ To prepare salsa, combine the first 7 ingredients in a small bowl; toss well.
- ☐ To prepare tacos, preheat broiler.
- ☐ Place fish on a broiler pan coated with cooking spray; sprinkle fish evenly with seasoning. Broil 6 minutes or until desired degree of doneness.
- ☐ Heat a medium nonstick skillet over medium-high heat. Lightly coat tortillas with cooking spray.
- ☐ Add the tortillas to pan, 1 at a time; cook 1 minute on each side or until lightly toasted. Divide fish evenly among tortillas; top each taco with 1/4 cup greens and 1/4 cup salsa.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:71.38, Glycemic Load:3.1, Inflammation Score:-8, Nutrition Score:21.439565243928%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg

0.36mg, Hesperetin: 0.36mg 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: 0.01mg, Luteolin: 0.01mg,
Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin:
0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg,
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg,
Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 215.86kcal (10.79%), Fat: 3.3g (5.08%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 12.29g (4.1%), Net
Carbohydrates: 10.53g (3.83%), Sugar: 7.98g (8.87%), Cholesterol: 85.05mg (28.35%), Sodium: 104.75mg (4.55%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.78g (71.56%), Selenium: 73µg (104.28%), Vitamin B12: 2.69µg
(44.79%), Vitamin C: 32.01mg (38.8%), Vitamin B3: 7.41mg (37.06%), Vitamin D: 5.27µg (35.15%), Phosphorus:
327.68mg (32.77%), Potassium: 746.29mg (21.32%), Vitamin A: 1065.1IU (21.3%), Vitamin B6: 0.41mg (20.56%),
Folate: 74.22µg (18.55%), Manganese: 0.33mg (16.46%), Magnesium: 62.61mg (15.65%), Vitamin K: 14.06µg (13.39%),
Copper: 0.25mg (12.34%), Vitamin B5: 1.19mg (11.93%), Iron: 1.72mg (9.54%), Vitamin B2: 0.16mg (9.49%), Vitamin E:
1.35mg (9.01%), Vitamin B1: 0.13mg (8.79%), Fiber: 1.76g (7.04%), Zinc: 0.77mg (5.15%), Calcium: 40.17mg (4.02%)