



Fish Tacos with Papaya-Coconut Salsa

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 8 6-inch corn tortillas yellow ()
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 teaspoons jalapeno minced seeded (1 small)
- ☐ 2 tablespoons juice of lime fresh
- ☐ 8 lime wedges
- ☐ 8 teaspoons cup heavy whipping cream sour reduced-fat
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)

- ☐ 1.5 cups papaya peeled chopped
- ☐ 1 cup bell pepper red finely chopped
- ☐ 2 cups cabbage shredded red finely
- ☐ 0.3 cup onion red chopped
- ☐ 1 pound snapper fillets white red firm
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons coconut oil unsweetened toasted

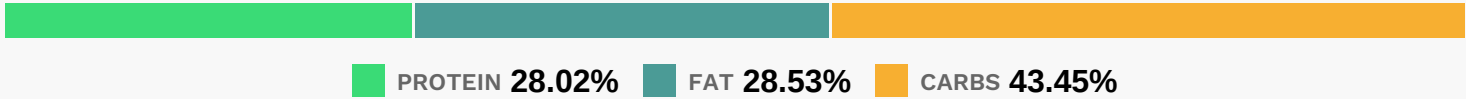
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ To prepare salsa, combine the first 8 ingredients; let stand 30 minutes.
- ☐ To prepare fish, place fish in a shallow dish; drizzle with 2 tablespoons juice. Cover and marinate in refrigerator 30 minutes, turning fish occasionally.
- ☐ Remove fish from marinade, discarding marinade; pat fish dry with paper towels.
- ☐ Sprinkle fish with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Dredge fish in panko, gently pressing to adhere.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add fish to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Cut fish into chunks.
- ☐ Heat tortillas according to package directions. Divide fish evenly among tortillas. Top each with 1/4 cup cabbage, 1/3 cup salsa, 1 teaspoon sour cream, and 1 lime wedge.
- ☐ Serve immediately.
- ☐ Beer note: Lager is the white wine of beer--perfect with spicy foods or fish dishes. Pop open a Caribbean Red Stripe Lager (\$50 for a six-pack), with its subtle aromas of sweet malt, grain, and fresh hay. It's delicate, yet refreshing against the jalapeño heat. The light, fluffy texture is also a nice contrast to the crunch of the fish. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:82.06, Glycemic Load:15.29, Inflammation Score:-10, Nutrition Score:31.063912889232%

Flavonoids

Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 16.15mg, Hesperetin: 16.15mg, Hesperetin: 16.15mg, Hesperetin: 16.15mg Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 400.89kcal (20.04%), Fat: 13.15g (20.23%), Saturated Fat: 3.18g (19.9%), Carbohydrates: 45.05g (15.02%), Net Carbohydrates: 37.16g (13.51%), Sugar: 9.75g (10.83%), Cholesterol: 44.76mg (14.92%), Sodium: 304.74mg (13.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.06g (58.12%), Vitamin C: 123.65mg (149.87%), Vitamin D: 11.58µg (77.22%), Selenium: 49.32µg (70.45%), Vitamin B12: 3.45µg (57.55%), Vitamin A: 2365.55IU (47.31%), Phosphorus: 447.47mg (44.75%), Vitamin B6: 0.85mg (42.46%), Fiber: 7.89g (31.55%), Potassium: 965.58mg (27.59%), Magnesium: 106.25mg (26.56%), Vitamin K: 26.96µg (25.68%), Manganese: 0.51mg (25.51%), Vitamin E: 3.48mg (23.23%), Folate: 66.22µg (16.55%), Vitamin B1: 0.23mg (15.65%), Calcium: 149.63mg (14.96%), Vitamin B5: 1.35mg (13.52%), Vitamin B3: 2.33mg (11.63%), Iron: 2.09mg (11.63%), Copper: 0.22mg (10.85%), Zinc: 1.56mg (10.4%), Vitamin B2: 0.16mg (9.42%)