



Fish Tacos with Pico de Gallo

READY IN



25 min.

SERVINGS



12

CALORIES



143 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb fish fillet white red firm cut into 1-inch pieces (halibut, cod, snapper)
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon coarse salt (kosher or sea)
- ☐ 0.3 teaspoon pepper
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 8.2 oz flour tortilla warmed soft for tacos and fajitas (10 count)
- ☐ 0.5 cup pico de gallo

☐ 1 serving cream sour chopped

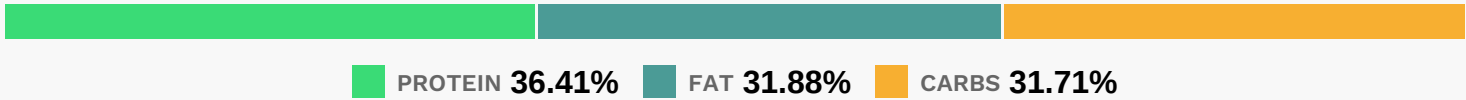
Equipment

☐ frying pan

Directions

- ☐ Brush fish fillets with 1 tablespoon of the olive oil; sprinkle with cumin, salt and pepper. Set aside.
- ☐ In 12-inch skillet, heat remaining 1 tablespoon olive oil over medium-high heat. Stir in garlic; cook 1 minute.
- ☐ Add fish fillets; cook 5 to 7 minutes or until fish flakes easily with fork.
- ☐ Drizzle with lemon juice.
- ☐ Spoon fish onto each tortilla; top with pico de gallo.
- ☐ Roll up tortillas.
- ☐ Serve with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:8.42, Glycemic Load:3.08, Inflammation Score:-2, Nutrition Score:7.5495652737825%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 142.73kcal (7.14%), Fat: 5.09g (7.82%), Saturated Fat: 1.32g (8.28%), Carbohydrates: 11.38g (3.79%), Net Carbohydrates: 10.66g (3.88%), Sugar: 1.71g (1.9%), Cholesterol: 28.94mg (9.65%), Sodium: 336.15mg (14.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.07g (26.15%), Selenium: 28.14µg (40.2%), Vitamin B3: 3.08mg (15.42%), Vitamin B12: 0.9µg (14.97%), Phosphorus: 138.92mg (13.89%), Vitamin D: 1.76µg (11.72%), Vitamin B1: 0.12mg (8.24%), Folate: 32.42µg (8.1%), Manganese: 0.14mg (6.83%), Iron: 1.16mg (6.45%), Potassium: 204.85mg

(5.85%), Vitamin B6: 0.11mg (5.59%), Vitamin B2: 0.09mg (5.5%), Magnesium: 20.63mg (5.16%), Vitamin E: 0.58mg (3.84%), Calcium: 37.84mg (3.78%), Vitamin K: 3.69µg (3.52%), Copper: 0.07mg (3.34%), Vitamin B5: 0.32mg (3.18%), Fiber: 0.72g (2.9%), Zinc: 0.31mg (2.06%), Vitamin C: 1.68mg (2.04%), Vitamin A: 53.11IU (1.06%)