



HEALTH SCORE

99%

Fish Tacos with Strawberry Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 8 6-inch corn tortillas ()
- ☐ 3 tablespoon chives fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 pound pacific halibut filets white firm (or other fish such as cod or catfish)
- ☐ 1 small jalapeno green seeded chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 cups napa cabbage chopped

- ☐ 0.5 teaspoon salt divided (preferably kosher)
- ☐ 2 pints strawberries hulled chopped

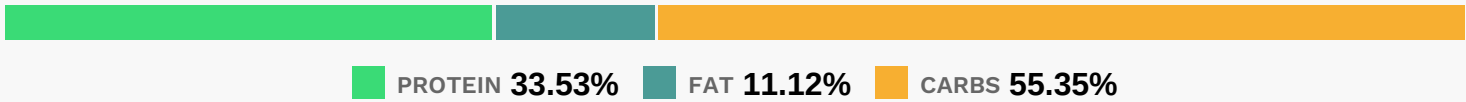
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 450°F. Coat a rimmed baking sheet with cooking spray.
- ☐ Place fish on baking sheet, smooth side down (if fillets); coat with cooking spray; season with cumin, 1/4 teaspoon salt and 1/8 teaspoon pepper. Stack tortillas, sprinkle with a few drops of water, and wrap tightly in foil. Cook fish and tortillas until fish is opaque and flakes easily with a fork but is still moist, and tortillas are hot, 10 to 15 minutes. In a bowl, combine strawberries, jalapeño, chives, lemon juice, remaining 1/4 teaspoon salt and remaining 1/8 teaspoon pepper; stir. Flake fish into big pieces; unwraptortillas. Divide fish, strawberry salsa and cabbage evenly among tortillas. Fold and serve.
- ☐ Per serving (2 tacos): 219 calories per 2 tacos, 3 grams fat (0 grams saturated), 25 grams carbohydrates, 4 grams fiber, 24 grams protein
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:71.63, Glycemic Load:15.76, Inflammation Score:-8, Nutrition Score:29.516956764719%

Flavonoids

Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg

0.12mg, Peonidin: 0.12mg Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg
Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin:
0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epicatechin 3–gallate: 0.35mg,
Epicatechin 3–gallate: 0.35mg, Epicatechin 3–gallate: 0.35mg, Epicatechin 3–gallate: 0.35mg Epigallocatechin 3–
gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–
gallate: 0.26mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin:
0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.67mg, Naringenin: 0.67mg,
Naringenin: 0.67mg, Naringenin: 0.67mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg
Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 1.45mg,
Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin:
0.11mg, Myricetin: 0.11mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg
Galocatechin: 0.07mg, Galocatechin: 0.07mg, Galocatechin: 0.07mg, Galocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 302.11kcal (15.11%), Fat: 3.87g (5.96%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 43.36g (14.45%), Net
Carbohydrates: 34.68g (12.61%), Sugar: 12.85g (14.28%), Cholesterol: 55.57mg (18.52%), Sodium: 397.64mg
(17.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.27g (52.55%), Vitamin C: 156.3mg (189.46%),
Selenium: 56.11µg (80.16%), Manganese: 1.2mg (60.23%), Phosphorus: 502.66mg (50.27%), Vitamin B6: 0.96mg
(47.78%), Vitamin B3: 9.3mg (46.52%), Vitamin D: 5.33µg (35.53%), Fiber: 8.69g (34.75%), Potassium: 1067.82mg
(30.51%), Folate: 107.11µg (26.78%), Vitamin K: 27.17µg (25.87%), Magnesium: 102.05mg (25.51%), Vitamin B12: 1.25µg
(20.79%), Calcium: 122.95mg (12.29%), Vitamin B1: 0.18mg (12.22%), Copper: 0.24mg (12.16%), Iron: 2.14mg (11.87%),
Vitamin E: 1.71mg (11.43%), Zinc: 1.54mg (10.28%), Vitamin B2: 0.15mg (8.56%), Vitamin B5: 0.81mg (8.06%), Vitamin
A: 366IU (7.32%)