



Fish Tacos with Tomatillo Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup avocado diced peeled
- ☐ 12 6-inch corn tortillas ()
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 1 garlic clove chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 jalapeno seeded chopped
- ☐ 0.3 cup juice of lime fresh

- ☐ 0.8 cup onion finely chopped
- ☐ 1 onion peeled quartered
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt divided
- ☐ 1.5 pounds tilapia fillets cut into 24 pieces
- ☐ 0.8 pound tomatillos halved
- ☐ 1 tablespoon vegetable oil

Equipment

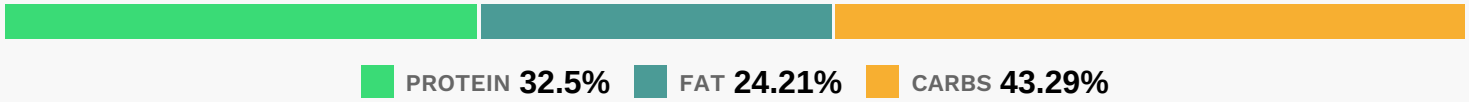
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Prepare broiler.
- ☐ To prepare salsa, remove husks and stems from tomatillos.
- ☐ Place tomatillos and onion, cut sides down, on a baking sheet coated with cooking spray. Broil 10 minutes or until tomatillos begin to blacken.
- ☐ Place tomatillos, onion, 1/2 cup cilantro, and next 4 ingredients (1/2 cup cilantro through jalapeo) in a food processor; process until pureed.
- ☐ Pour salsa into a bowl; cool completely.
- ☐ Preheat oven to 35
- ☐ To prepare tacos, wrap tortillas in foil; bake at 350 for 10 minutes or until thoroughly heated; keep warm.
- ☐ Sprinkle fish with 1/4 teaspoon of salt.

- ☐
- Combine 1/4 teaspoon salt, flour, and cumin in a medium bowl; dredge fish in flour mixture.
- ☐
- Heat oil in a large nonstick skillet over medium-high heat, and add fish. Cook 2 minutes on each side or until fish flakes easily when tested with a fork.
- ☐
- Place 2 pieces of fish down center of each tortilla; top each taco with 2 teaspoons cilantro, 1 tablespoon onion, and 1 tablespoon avocado. Fold tacos in half; serve with salsa.

Nutrition Facts



Properties

Glycemic Index:53.08, Glycemic Load:13.94, Inflammation Score:-7, Nutrition Score:20.560869859613%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg

Nutrients (% of daily need)

Calories: 330.19kcal (16.51%), Fat: 9.2g (14.15%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 37.02g (12.34%), Net Carbohydrates: 30.43g (11.07%), Sugar: 4.74g (5.27%), Cholesterol: 56.7mg (18.9%), Sodium: 378.1mg (16.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.8g (55.59%), Selenium: 53.01µg (75.73%), Phosphorus: 409.75mg (40.97%), Vitamin B3: 7.01mg (35.05%), Vitamin B12: 1.79µg (29.86%), Fiber: 6.59g (26.36%), Vitamin D: 3.52µg (23.44%), Magnesium: 92.67mg (23.17%), Vitamin B6: 0.45mg (22.45%), Potassium: 776.17mg (22.18%), Manganese: 0.44mg (21.99%), Vitamin C: 17.68mg (21.43%), Vitamin K: 20.24µg (19.28%), Folate: 68.3µg (17.07%), Copper: 0.28mg (13.97%), Vitamin B1: 0.2mg (13.26%), Iron: 2.32mg (12.9%), Vitamin B2: 0.19mg (11.32%), Vitamin B5: 1.05mg (10.55%), Vitamin E: 1.55mg (10.33%), Zinc: 1.44mg (9.62%), Calcium: 76.05mg (7.6%), Vitamin A: 218.27IU (4.37%)