



Fish Tacos with Two Salsas

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cucumber peeled seeded chopped
- ☐ 0.5 teaspoon olive oil extravirgin
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 4 10-inch flour tortillas ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 teaspoon ground cumin seed

- ☐ 0.5 teaspoon habanero pepper minced
- ☐ 24 ounce pacific halibut filets
- ☐ 2 tablespoons jalapeno minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons juice of lime
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 cup mangos peeled chopped
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup and orange cherry tomatoes yellow seeded chopped (1 medium)
- ☐ 1 tablespoon parsley chopped
- ☐ 1 cup cabbage shredded red
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1 cup tomatoes seeded chopped (2 medium)

Equipment

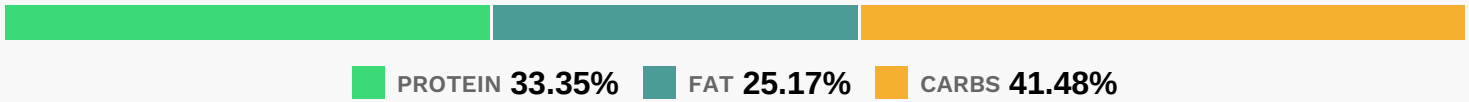
- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ To prepare tomato salsa, combine first 8 ingredients in a small bowl; cover and chill at least 1 hour.
- ☐ To prepare mango salsa, combine mango and next 7 ingredients (through 1/8 teaspoon salt) in a small bowl. Cover and chill at least 1 hour.
- ☐ Prepare grill.
- ☐ To prepare fish, combine 2 tablespoons lime juice, 2 teaspoons olive oil, cumin, and garlic in a large zip-top plastic bag.

- ☐ Add fish to bag; seal. Marinate 15 minutes, turning once.
- ☐ Remove fish from bag; discard marinade.
- ☐ Sprinkle both sides of fish evenly with 1/4 teaspoon salt.
- ☐ Place fish on grill rack coated with cooking spray; grill 4 minutes on each side or until fish flakes easily when tested with a fork or desired degree of doneness. Flake fish into large chunks.
- ☐ To prepare tacos, place tortillas on grill rack coated with cooking spray; grill 10 seconds on each side. Divide fish and cabbage evenly over one half of each tortilla; top each tortilla with salsa and 1 tablespoon sour cream. Fold tortillas in half.
- ☐ Serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:113.94, Glycemic Load:15.14, Inflammation Score:-9, Nutrition Score:35.27826085298%

Flavonoids

Cyanidin: 46.73mg, Cyanidin: 46.73mg, Cyanidin: 46.73mg, Cyanidin: 46.73mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg 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: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 477.51kcal (23.88%), Fat: 13.32g (20.49%), Saturated Fat: 4.05g (25.32%), Carbohydrates: 49.4g (16.47%), Net Carbohydrates: 44.38g (16.14%), Sugar: 11.48g (12.75%), Cholesterol: 88.38mg (29.46%), Sodium: 881.18mg (38.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.71g (79.43%), Selenium: 94.46µg (134.94%), Vitamin B3: 15.1mg (75.48%), Vitamin C: 53.77mg (65.18%), Phosphorus: 599.43mg (59.94%), Vitamin B6: 1.2mg (59.91%), Vitamin D: 8.02µg (53.49%), Vitamin K: 55.64µg (52.99%), Vitamin A: 1781.77IU (35.64%), Potassium: 1218.7mg (34.82%), Vitamin B1: 0.52mg (34.42%), Folate: 134.57µg (33.64%), Vitamin B12: 1.93µg (32.19%), Manganese: 0.59mg (29.28%), Iron: 3.66mg (20.31%), Fiber: 5.02g (20.08%), Vitamin B2: 0.33mg (19.68%), Magnesium:

77.33mg (19.33%), Calcium: 171.43mg (17.14%), Vitamin E: 2.56mg (17.06%), Copper: 0.24mg (11.78%), Vitamin B5: 1mg (9.96%), Zinc: 1.36mg (9.08%)