



 **56%**
HEALTH SCORE

Fish Tacos With Watermelon Salsa

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado sliced
- 1 teaspoon chipotle chile powder
- 8 corn tortillas
- 0.5 cup cilantro leaves fresh roughly chopped
- 1 jalapeno diced seeded finely
- 2 juice of lime for serving
- 4 servings kosher salt
- 1 tablespoon olive oil extra-virgin plus more for brushing

- 0.5 small onion diced red finely
- 1 romaine lettuce heart thinly sliced
- 1 pound striped bass fillets wild skinless
- 4 cups watermelon diced seedless

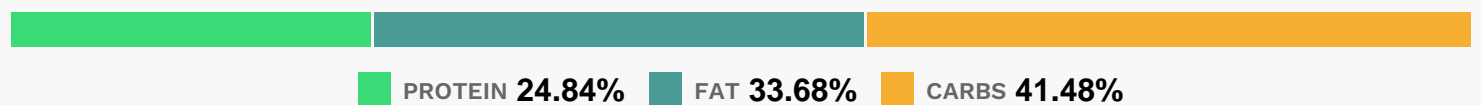
Equipment

- bowl
- grill

Directions

- Combine the watermelon, red onion, cilantro, lime juice and jalapeno in a bowl. Toss with 1 tablespoon olive oil and 1/2 teaspoon salt and set aside.
- Preheat a grill to high.
- Sprinkle the fish on both sides with the chile powder and 1/2 teaspoon salt; drizzle both sides with the remaining 2 teaspoons olive oil.
- Brush the grill with olive oil, then add the fish and grill until marked and cooked through, 4 to 5 minutes per side.
- Transfer the fish to a plate and break into bite-size pieces.
- Meanwhile, toss the lettuce with 2 tablespoons of the juices from the watermelon salsa and a pinch of salt. Warm the tortillas on the grill and fill with the fish, watermelon salsa, avocado and lettuce.
- Serve with lime wedges.
- Per serving: Calories 437; Fat 18 g (Saturated 3 g); Cholesterol 93 mg; Sodium 636 mg; Carbohydrate 45 g; Fiber 6 g; Protein 25 g
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:72.04, Glycemic Load:19.09, Inflammation Score:-9, Nutrition Score:24.565652391185%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 395.22kcal (19.76%), Fat: 15.37g (23.64%), Saturated Fat: 2.42g (15.12%), Carbohydrates: 42.58g (14.19%), Net Carbohydrates: 34.19g (12.43%), Sugar: 11.7g (13%), Cholesterol: 90.72mg (30.24%), Sodium: 303.92mg (13.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.5g (51%), Vitamin B12: 4.33µg (72.2%), Selenium: 45.54µg (65.05%), Phosphorus: 440.24mg (44.02%), Vitamin A: 1828.51IU (36.57%), Vitamin B6: 0.69mg (34.74%), Fiber: 8.39g (33.56%), Vitamin C: 25.94mg (31.45%), Magnesium: 116.52mg (29.13%), Vitamin K: 26.94µg (25.66%), Potassium: 866.69mg (24.76%), Vitamin B3: 4.43mg (22.15%), Vitamin B5: 2.01mg (20.1%), Folate: 73.11µg (18.28%), Manganese: 0.36mg (17.87%), Vitamin B1: 0.26mg (17.53%), Copper: 0.3mg (14.77%), Iron: 2.45mg (13.61%), Vitamin E: 1.97mg (13.15%), Zinc: 1.67mg (11.15%), Vitamin B2: 0.18mg (10.64%), Calcium: 86.16mg (8.62%)