



Fresh Tuna Tacos

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup tomatoes finely chopped
- ☐ 0.3 cup spring onion sliced
- ☐ 1 medium jalapeno seeded finely chopped
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 clove garlic finely chopped
- ☐ 2 tablespoons juice of lime
- ☐ 1 pound sashimi-grade yellowfin tuna fillets lean

- ☐ 8 8-inch flour tortilla fat-free warmed ()
- ☐ 0.8 cup lettuce shredded
- ☐ 1 small bell pepper red finely chopped
- ☐ 0.5 cup onion finely chopped

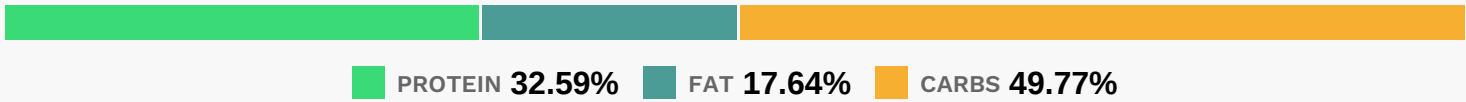
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler pan

Directions

- ☐ In medium bowl, mix all Spicy Fresh Chile Sauce ingredients; set aside.
- ☐ Set oven control to broil. Spray broiler pan rack with cooking spray.
- ☐ Brush lime juice over fish steaks.
- ☐ Place fish on rack in broiler pan.
- ☐ Broil with tops about 4 inches from heat 5 minutes; turn. Broil 5 to 8 minutes longer or until fish flakes easily with fork.
- ☐ Break fish into large flakes or cut into 1-inch cubes. Spoon scant 1/2 cup fish into each tortilla. Top with lettuce, bell pepper and onion.
- ☐ Serve with chile sauce.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:17.17, Inflammation Score:-9, Nutrition Score:32.320435005686%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg,

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 462.62kcal (23.13%), Fat: 8.92g (13.73%), Saturated Fat: 3.21g (20.08%), Carbohydrates: 56.64g (18.88%), Net Carbohydrates: 51.47g (18.71%), Sugar: 6.89g (7.65%), Cholesterol: 44.23mg (14.74%), Sodium: 808.01mg (35.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.09g (74.18%), Selenium: 125.8µg (179.72%), Vitamin B3: 25.99mg (129.93%), Vitamin B6: 1.26mg (62.83%), Phosphorus: 552.24mg (55.22%), Vitamin B1: 0.69mg (46.14%), Vitamin C: 37.6mg (45.58%), Vitamin B12: 2.36µg (39.31%), Manganese: 0.65mg (32.34%), Folate: 125.69µg (31.42%), Vitamin K: 32.18µg (30.64%), Iron: 5.06mg (28.14%), Vitamin B2: 0.46mg (27.03%), Potassium: 827.29mg (23.64%), Vitamin A: 1081.13IU (21.62%), Fiber: 5.17g (20.69%), Magnesium: 73.83mg (18.46%), Calcium: 174.63mg (17.46%), Vitamin D: 1.93µg (12.85%), Copper: 0.19mg (9.59%), Zinc: 1.17mg (7.78%), Vitamin B5: 0.64mg (6.37%), Vitamin E: 0.94mg (6.26%)