



Grilled Amberjack Tacos

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds amberjack fillets (3/)
- ☐ 12 8-inch flour tortillas ()
- ☐ 0.3 cup juice of lime
- ☐ 0.8 cup no-salt-added salsa
- ☐ 0.8 cup nonfat cream sour
- ☐ 1 teaspoon olive oil
- ☐ 3 inch purple onion
- ☐ 3 large pasilla peppers sweet red

- ☐ 3 cups romaine lettuce shredded
- ☐ 1 tablespoon tequila

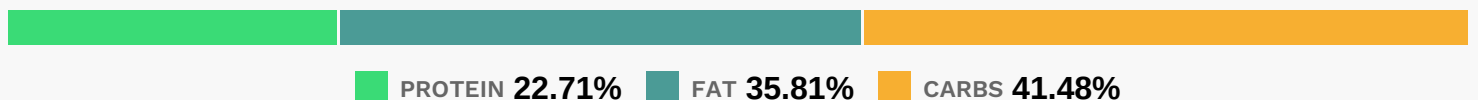
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Place fish in a heavy-duty, zip-top plastic bag. Combine lime juice, tequila, and olive oil.
- ☐ Pour juice mixture over fish; seal bag, and shake until fish is well coated. Marinate in refrigerator 30 minutes.
- ☐ Remove fish from marinade, reserving marinade.
- ☐ Place marinade in a small saucepan; bring to a boil.
- ☐ Remove from heat, and set aside.
- ☐ Cut peppers in half lengthwise; remove and discard stems, seeds, and membranes.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place peppers and onion slices on rack; grill, covered, 7 to 8 minutes on each side or until tender, basting occasionally with reserved marinade.
- ☐ Cut peppers into thin strips, and cut onion slices in half. Set aside; keep warm.
- ☐ Place fish on rack; grill, covered, 4 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Cut fish into large chunks.
- ☐ Spoon fish and vegetables evenly down center of each tortilla; top with lettuce, salsa, and sour cream.
- ☐ Roll up tortillas, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:16.98, Inflammation Score:-10, Nutrition Score:39.660000179125%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 660.09kcal (33%), Fat: 26.48g (40.74%), Saturated Fat: 6.6g (41.25%), Carbohydrates: 69.03g (23.01%), Net Carbohydrates: 61.56g (22.39%), Sugar: 11.29g (12.54%), Cholesterol: 51.35mg (17.12%), Sodium: 863.49mg (37.54%), Alcohol: 0.83g (100%), Alcohol %: 0.26% (100%), Protein: 37.78g (75.56%), Vitamin C: 111.16mg (134.74%), Vitamin A: 4739.69IU (94.79%), Selenium: 63.32µg (90.46%), Phosphorus: 606.39mg (60.64%), Vitamin B3: 11.99mg (59.95%), Manganese: 1.13mg (56.32%), Folate: 206.3µg (51.58%), Vitamin B1: 0.72mg (48.29%), Vitamin B6: 0.75mg (37.43%), Vitamin K: 36.15µg (34.43%), Vitamin E: 5.11mg (34.08%), Vitamin B2: 0.55mg (32.61%), Magnesium: 130.11mg (32.53%), Potassium: 1061.58mg (30.33%), Fiber: 7.47g (29.89%), Iron: 5.29mg (29.42%), Calcium: 234.48mg (23.45%), Vitamin B12: 1.12µg (18.64%), Copper: 0.31mg (15.42%), Zinc: 2.28mg (15.18%), Vitamin B5: 0.99mg (9.94%), Vitamin D: 1.02µg (6.8%)