



Grilled Fish Tacos

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



146 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound fish fillet white red such as sea bass, snapper or halibut firm
- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 8 6-inch corn tortillas (es in diameter)
- ☐ 0.3 cup cream sour
- ☐ 1 serving cilantro leaves fresh shredded chopped (lettuce, avocado, tomatoes, onion and cilantro)

☐ 0.5 cup salsa thick

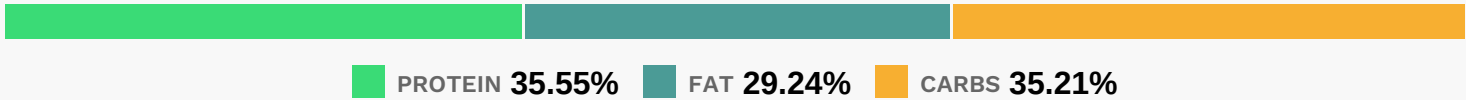
Equipment

☐ grill

Directions

- ☐ Spray grill rack with cooking spray.
- ☐ Heat coals or gas grill for direct heat.
- ☐ Brush fish with oil; sprinkle with cumin, salt and pepper. Cover and grill fish over medium heat 5 to 7 minutes, turning once, until fish flakes easily with fork.
- ☐ Heat tortillas as directed on package.
- ☐ Spread sour cream on tortillas.
- ☐ Add fish, Toppers and salsa.

Nutrition Facts



Properties

Glycemic Index:14.31, Glycemic Load:5.04, Inflammation Score:-3, Nutrition Score:8.0617392361164%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 145.95kcal (7.3%), Fat: 4.87g (7.49%), Saturated Fat: 1.45g (9.03%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 11.15g (4.06%), Sugar: 1.11g (1.24%), Cholesterol: 32.59mg (10.86%), Sodium: 299.47mg (13.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.32g (26.63%), Selenium: 25.75µg (36.79%), Phosphorus: 189.55mg (18.95%), Vitamin B12: 0.91µg (15.18%), Vitamin B3: 2.82mg (14.11%), Vitamin D: 1.76µg (11.72%), Magnesium: 37.67mg (9.42%), Vitamin B6: 0.19mg (9.29%), Fiber: 2.03g (8.13%), Potassium: 276.3mg (7.89%), Manganese: 0.14mg (6.88%), Vitamin E: 0.76mg (5.07%), Copper: 0.1mg (4.89%), Vitamin K: 5.12µg (4.87%), Vitamin B2: 0.07mg (4.26%), Iron: 0.76mg (4.23%), Folate: 16.08µg (4.02%), Zinc: 0.6mg (3.97%), Calcium: 39.74mg (3.97%), Vitamin A: 198.61IU (3.97%), Vitamin B1: 0.06mg (3.7%), Vitamin B5: 0.36mg (3.65%)