



Grilled-Fish Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pound ahi tuna steak skinless 1-inch-thick cut into 12 pieces ()
- ☐ 12 ounce avocado
- ☐ 0.5 cup apple cider vinegar
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 12 6-inch corn tortillas ()
- ☐ 0.7 cup cream sour
- ☐ 4 cups cabbage green thinly sliced ()
- ☐ 7 tablespoons juice of lime fresh divided

- ☐ 6 servings lime wedges
- ☐ 0.7 cup mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 6 radishes
- ☐ 1 medium onion red
- ☐ 0.3 cup sugar

Equipment

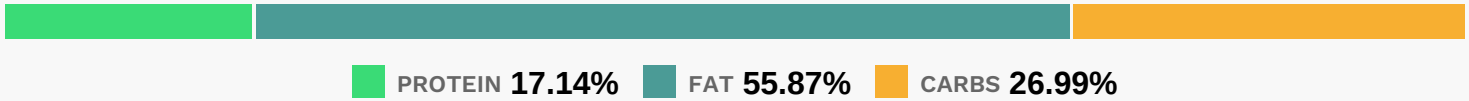
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Very thinly slice onion crosswise into rings with slicer. Set slicer aside.
- ☐ Heat vinegar, sugar, and 1/2 teaspoon salt in a small heavy nonreactive saucepan until sugar has dissolved.
- ☐ Remove from heat and stir in onion, then let stand until ready to use (about 25 minutes).
- ☐ Meanwhile, stir 1/4 cup lime juice together with cilantro, oil, and 1/2 teaspoon salt.
- ☐ Add fish and toss to coat, then marinate at room temperature 15 minutes.
- ☐ Whisk together mayonnaise, crema, 1/2 teaspoon salt, and remaining 3 tablespoons lime juice to make sauce.
- ☐ Preheat a gas grill with burners on high, covered, 10 minutes, then reduce heat to medium-high.
- ☐ Thread each piece of fish onto a skewer (discard marinade). Wrap exposed part of each skewer in heavy-duty foil to protect it from charring.
- ☐ Wrap tortillas in 2 foil packages and warm on grill, turning once, about 3 minutes total.

- ☐ Oil grill rack, then grill fish, covered, turning once, until opaque and just cooked through (for mahimahi), about 6 minutes total; or until just pink in center (for tuna), about 4 minutes.
- ☐ Very thinly slice radishes with slicer. Halve, pit, and peel avocados, then cut into 1/2-inch-thick slices.
- ☐ Drain onions.
- ☐ Serve fish with tortillas, crema sauce, onions, and remaining toppings.
- ☐ Cooks' note
- ☐ If you aren't able to grill outdoors, cook fish in a lightly oiled large (2-burner) ridged grill pan. Warm tortillas in foil packages in grill pan 2 to 3 minutes or in a 300°F oven 10 minutes.

Nutrition Facts



Properties

Glycemic Index:69.6, Glycemic Load:17.54, Inflammation Score:-9, Nutrition Score:33.883478413457%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 641.36kcal (32.07%), Fat: 40.47g (62.26%), Saturated Fat: 8.47g (52.95%), Carbohydrates: 44g (14.67%), Net Carbohydrates: 35.26g (12.82%), Sugar: 12.9g (14.34%), Cholesterol: 61.44mg (20.48%), Sodium: 242.69mg (10.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.93g (55.86%), Vitamin B12: 8.99µg (149.91%), Vitamin K: 92.03µg (87.65%), Selenium: 39.76µg (56.8%), Vitamin B3: 10.14mg (50.72%), Vitamin A: 2422.73IU (48.45%), Phosphorus: 480.23mg (48.02%), Vitamin B6: 0.79mg (39.64%), Vitamin C: 30.65mg (37.15%), Vitamin D: 5.44µg (36.24%), Fiber: 8.73g (34.94%), Magnesium: 114.4mg (28.6%), Vitamin B2: 0.42mg (24.88%), Vitamin B1: 0.36mg (24.31%), Vitamin E: 3.64mg (24.3%), Potassium: 801.89mg (22.91%), Manganese: 0.43mg (21.29%), Vitamin B5: 2.12mg (21.24%), Folate: 79.99µg (20%), Copper: 0.31mg (15.27%), Iron: 2.35mg (13.04%), Zinc: 1.89mg (12.58%),

Calcium: 112.9mg (11.29%)