



Grilled Fish Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



914 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocado pitted peeled sliced
- ☐ 0.5 small head cabbage cored thinly sliced
- ☐ 4 servings kosher salt
- ☐ 1 pound bass fillets
- ☐ 4 servings corn tortillas
- ☐ 0.8 cup cilantro leaves fresh divided chopped
- ☐ 2 garlic clove minced
- ☐ 5 tablespoons juice of lime fresh divided

- ☐ 4 servings lime wedges
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon milk
- ☐ 0.3 cup olive oil
- ☐ 3 tablespoons orange juice fresh
- ☐ 1 teaspoon oregano dried (preferably Mexican)
- ☐ 4 servings salsa verde
- ☐ 2 cups onion white divided chopped

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Stir 1 cup onion, 1/4 cup cilantro, oil, 3 tablespoons lime juice, orange juice, garlic, and oregano in medium bowl.
- ☐ Sprinkle fish with coarse salt and pepper.
- ☐ Spread half of onion mixture over bottom of 11x7x2-inch glass baking dish. Arrange fish atop onion mixture. Spoon remaining onion mixture over fish. Cover and chill 30 minutes. Turn fish; cover and chill 30 minutes longer.
- ☐ Whisk mayonnaise, milk, and remaining 2 tablespoons lime juice in small bowl.
- ☐ Brush grill grate with oil; prepare barbecue (medium-high heat). Grill fish with some marinade still clinging until just opaque in center, 3 to 5 minutes per side. Grill tortillas until slightly charred, about 10 seconds per side.
- ☐ Coarsely chop fish; place on platter.
- ☐ Serve with lime mayonnaise, tortillas, remaining 1 cup chopped onion, remaining 1/2 cup cilantro, avocados, cabbage, Salsa Verde, and lime wedges.

Nutrition Facts

PROTEIN 11.42% FAT 71.75% CARBS 16.83%

Properties

Glycemic Index:100.13, Glycemic Load:9.79, Inflammation Score:-9, Nutrition Score:34.617826233739%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 3.64mg, Hesperetin: 3.64mg, Hesperetin: 3.64mg, Hesperetin: 3.64mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 18.23mg, Quercetin: 18.23mg, Quercetin: 18.23mg, Quercetin: 18.23mg

Nutrients (% of daily need)

Calories: 914.19kcal (45.71%), Fat: 74.42g (114.49%), Saturated Fat: 11.4g (71.23%), Carbohydrates: 39.27g (13.09%), Net Carbohydrates: 26.85g (9.76%), Sugar: 11.11g (12.34%), Cholesterol: 114.69mg (38.23%), Sodium: 899.69mg (39.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.66g (53.32%), Vitamin K: 201.24µg (191.66%), Vitamin C: 63.43mg (76.89%), Vitamin B12: 4.42µg (73.65%), Selenium: 45.7µg (65.29%), Fiber: 12.42g (49.68%), Vitamin B6: 0.91mg (45.49%), Phosphorus: 429.83mg (42.98%), Vitamin E: 6.3mg (42.01%), Folate: 158.16µg (39.54%), Potassium: 1252.97mg (35.8%), Magnesium: 118.42mg (29.6%), Manganese: 0.56mg (28.15%), Vitamin B5: 2.75mg (27.53%), Vitamin B3: 4.97mg (24.86%), Vitamin B1: 0.33mg (21.76%), Copper: 0.35mg (17.54%), Vitamin A: 827.3IU (16.55%), Iron: 2.92mg (16.21%), Vitamin B2: 0.27mg (15.92%), Calcium: 130.64mg (13.06%), Zinc: 1.9mg (12.68%), Vitamin D: 0.15µg (1.02%)