



WHATSheATE



Grilled Fish Tacos with Creamy Avocado Topping



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 avocado diced pitted peeled



1 teaspoon chili powder



2 tablespoons cilantro leaves fresh chopped



1.5 pounds halibut skinless cut into 1-inch pieces



1.5 teaspoons lemon-pepper seasoning



0.3 cup ranch dressing



1 cup salad greens mixed shredded

- ☐ 0.3 teaspoon salt
- ☐ 4.6 ounce taco shells old el paso®
- ☐ 1 small tomatoes diced
- ☐ 1 tablespoon vegetable oil

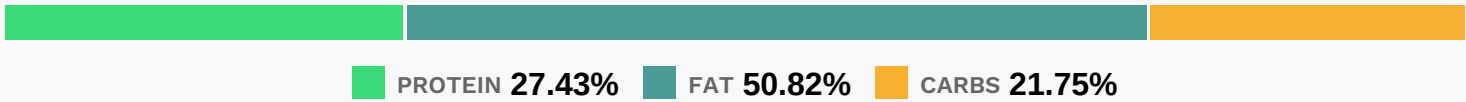
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In medium bowl, mix avocado, cilantro and dressing. Set aside.
- ☐ Heat taco shells as directed on package.
- ☐ In large bowl, mix oil, lemon-pepper seasoning, chili powder and salt.
- ☐ Add halibut; toss gently to coat.
- ☐ Place halibut in grill basket.
- ☐ Place basket on grill over medium heat. Cover grill; cook 5 to 10 minutes or until fish flakes easily with fork, rearranging twice. Fill taco shells with fish, lettuce, avocado mixture and tomato.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:4.43, Inflammation Score:-4, Nutrition Score:9.7569565358369%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 171.82kcal (8.59%), Fat: 9.74g (14.98%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 9.37g (3.12%), Net Carbohydrates: 7.31g (2.66%), Sugar: 0.8g (0.89%), Cholesterol: 29.52mg (9.84%), Sodium: 187.51mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.82g (23.65%), Selenium: 26.74µg (38.2%), Vitamin B3: 4.28mg (21.38%), Vitamin B6: 0.39mg (19.54%), Phosphorus: 184.29mg (18.43%), Vitamin D: 2.67µg (17.81%), Vitamin K: 16.86µg (16.06%), Potassium: 387.88mg (11.08%), Vitamin B12: 0.63µg (10.58%), Fiber: 2.06g (8.26%), Folate: 30.64µg (7.66%), Vitamin E: 1.12mg (7.45%), Magnesium: 29.15mg (7.29%), Manganese: 0.14mg (7.17%), Vitamin B5: 0.5mg (4.96%), Vitamin B1: 0.07mg (4.57%), Vitamin A: 223.14IU (4.46%), Vitamin C: 3.51mg (4.25%), Zinc: 0.53mg (3.52%), Copper: 0.07mg (3.49%), Vitamin B2: 0.06mg (3.44%), Iron: 0.48mg (2.65%), Calcium: 21.64mg (2.16%)