



Grilled Fish Tacos with Creamy Avocado Topping

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado diced pitted peeled
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 cup ranch dressing
- 4.6 oz taco shells (12 Count)
- 1 tablespoon vegetable oil
- 1.5 teaspoons lemon pepper
- 1 teaspoon chili powder

- 0.3 teaspoon salt
- 1.5 lb pacific halibut filets skinless cut into 1-inch pieces
- 1 cup the salad mixed shredded
- 1 small tomatoes diced

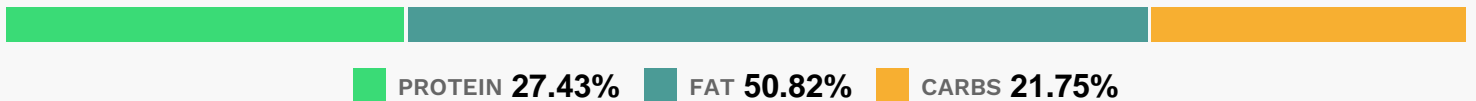
Equipment

- 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:43.33, Glycemic Load:8.86, Inflammation Score:-6, Nutrition Score:19.514782490938%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 343.64kcal (17.18%), Fat: 19.47g (29.95%), Saturated Fat: 3.88g (24.26%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 14.61g (5.31%), Sugar: 1.6g (1.78%), Cholesterol: 59.03mg (19.68%), Sodium: 375.02mg (16.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.65g (47.3%), Selenium: 53.47µg (76.39%), Vitamin B3: 8.55mg (42.76%), Vitamin B6: 0.78mg (39.09%), Phosphorus: 368.58mg (36.86%), Vitamin D: 5.34µg (35.62%), Vitamin K: 33.72µg (32.12%), Potassium: 775.77mg (22.16%), Vitamin B12: 1.27µg (21.17%), Fiber: 4.13g (16.52%), Folate: 61.28µg (15.32%), Vitamin E: 2.23mg (14.89%), Magnesium: 58.29mg (14.57%), Manganese: 0.29mg (14.34%), Vitamin B5: 0.99mg (9.93%), Vitamin B1: 0.14mg (9.14%), Vitamin A: 446.29IU (8.93%), Vitamin C: 7.01mg (8.5%), Zinc: 1.06mg (7.04%), Copper: 0.14mg (6.97%), Vitamin B2: 0.12mg (6.88%), Iron: 0.95mg (5.31%), Calcium: 43.27mg (4.33%)