



Grilled Fish Tacos with Jalapeño-Cabbage Slaw



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 4 servings jalapeño-cabbage slaw
- ☐ 8 corn tortillas
- ☐ 1 garlic clove minced
- ☐ 4 servings lime wedges
- ☐ 24 ounce mahi-mahi
- ☐ 2 tablespoons olive oil

- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon paprika smoked

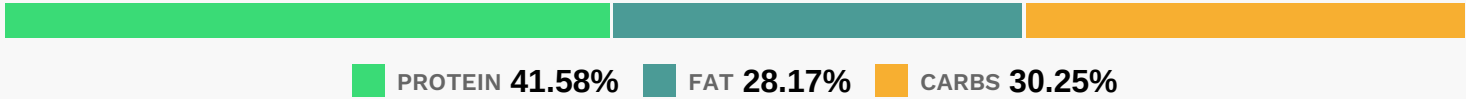
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat (350 to 400).
- ☐ Combine first 5 ingredients in a small bowl; brush onto fish fillets.
- ☐ Grill fish 5 minutes on each side; grill tortillas 30 seconds on each side. Flake fish into bite-size pieces.
- ☐ Place Jalapeo-Cabbage Slaw on tortillas; top with fish.
- ☐ Serve tacos with lime wedges.

Nutrition Facts



Properties

Glycemic Index:50.88, Glycemic Load:11.18, Inflammation Score:-6, Nutrition Score:24.690000150515%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 357.96kcal (17.9%), Fat: 11.47g (17.64%), Saturated Fat: 2.22g (13.91%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 22.58g (8.21%), Sugar: 2.74g (3.04%), Cholesterol: 85.05mg (28.35%), Sodium: 197.51mg (8.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.09g (76.19%), Selenium: 74.6µg (106.58%), Vitamin K: 60.02µg (57.16%), Phosphorus: 472.46mg (47.25%), Vitamin B12: 2.69µg (44.79%), Vitamin B3: 7.6mg (38.02%), Vitamin D: 5.27µg (35.15%), Vitamin C: 26.15mg (31.69%), Vitamin B6: 0.49mg (24.44%), Magnesium: 92.35mg

(23.09%), Potassium: 737.21mg (21.06%), Fiber: 5.13g (20.52%), Folate: 73.7µg (18.42%), Manganese: 0.37mg (18.36%), Vitamin E: 1.98mg (13.19%), Copper: 0.23mg (11.28%), Iron: 2.01mg (11.18%), Vitamin B1: 0.16mg (10.91%), Vitamin B5: 1.04mg (10.44%), Vitamin B2: 0.17mg (10.1%), Zinc: 1.38mg (9.23%), Calcium: 89.5mg (8.95%), Vitamin A: 132.12IU (2.64%)