



 **52%**  
HEALTH SCORE

## Grilled Fish Tacos with Pickled Onions and Salsa Roja

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings pepper black freshly ground
- 8 6-inch flour tortillas ()
- 24 ounce pacific halibut filets
- 4 servings kosher salt
- 4 servings olive oil extra-virgin
- 4 servings pickled onions
- 4 servings salsa roja

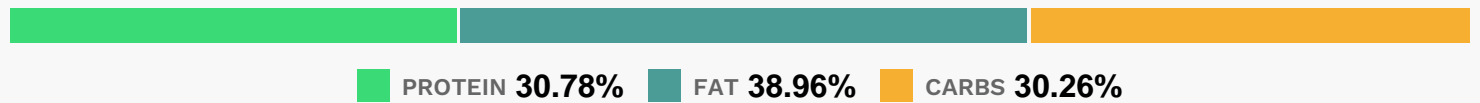
## Equipment

- bowl
- grill

## Directions

- Prepare Pickled Onions up to 1 day ahead. Cover and refrigerate until ready to serve. Prepare Salsa Roja, and set aside.
- Lightly brush halibut fillets on both sides with oil. Season evenly with salt and pepper to taste. Grill, covered with grill lid, over high heat 8 to 10 minutes or until fish is barely opaque in the center, turning once.
- Transfer to a medium bowl, and break into pieces with a fork.
- Heat tortillas on the grill 20 to 30 seconds per side. Arrange fish in the center of each tortilla, and top with onions and salsa. Wrap loosely, and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:35.75, Glycemic Load:10.51, Inflammation Score:-7, Nutrition Score:26.431304143823%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

## Nutrients (% of daily need)

Calories: 493.68kcal (24.68%), Fat: 21.18g (32.58%), Saturated Fat: 4.21g (26.32%), Carbohydrates: 37g (12.33%), Net Carbohydrates: 33.36g (12.13%), Sugar: 5.78g (6.42%), Cholesterol: 83.35mg (27.78%), Sodium: 963.48mg (41.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.63g (75.27%), Selenium: 91.51µg (130.73%), Vitamin B3: 14.15mg (70.74%), Phosphorus: 551.38mg (55.14%), Vitamin B6: 1.09mg (54.51%), Vitamin D: 7.99µg (53.3%), Vitamin B12: 1.87µg (31.18%), Vitamin B1: 0.42mg (28.23%), Potassium: 979.29mg (27.98%), Vitamin E: 3.46mg (23.04%), Folate: 88.56µg (22.14%), Manganese: 0.44mg (21.77%), Magnesium: 62.8mg (15.7%), Iron: 2.79mg

(15.5%), Fiber: 3.64g (14.55%), Vitamin B2: 0.25mg (14.44%), Vitamin K: 14.48µg (13.79%), Calcium: 121.82mg (12.18%), Vitamin B5: 0.82mg (8.16%), Zinc: 1.09mg (7.26%), Copper: 0.15mg (7.26%), Vitamin C: 4.68mg (5.67%), Vitamin A: 269.21IU (5.38%)