



Grilled Fish Tacos with Spicy Pickled Onions

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 orange juice juiced
- 1 juice of lime juiced
- 2 tablespoons olive oil
- 1 tablespoon oregano dried
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 0.3 cup cilantro leaves finely chopped
- 2 pounds filets

- 1 onion red thinly sliced
- 0.5 cup apple cider vinegar
- 1 jalapeno with seeds removed halved
- 1 teaspoon sugar
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- 1 serving salsa verde
- 1 serving lime wedges

Equipment

- sauce pan
- grill

Directions

- Combine orange juice, lime juice, oil, spices, and cilantro in a shallow dish.
- Add the fish, turning to coat.
- Let marinate 15 minutes.
- Meanwhile, in a small saucepan over medium heat bring to onion, vinegar, jalapeno, and sugar to a boil. Immediately remove from heat; let cool. Discard jalapeno.
- Heat the grill to high. Cook the fish over indirect heat for 8 minutes, or until cooked through. Pull apart into large flakes. Cook the tortillas over direct heat for 20 seconds on each side, until soft and slightly charred in places.
- To assemble tacos, spoon chicken onto center of each tortilla; top with pickled onions and salsa verde. Fold sides of tortilla over filling.
- Serve with lime wedges.

Nutrition Facts

 **PROTEIN 40.16%**  **FAT 27.08%**  **CARBS 32.76%**

Properties

Glycemic Index:41.14, Glycemic Load:5.66, Inflammation Score:-8, Nutrition Score:13.931739154069%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 235.67kcal (11.78%), Fat: 6.91g (10.63%), Saturated Fat: 1.53g (9.55%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 16.82g (6.12%), Sugar: 3.34g (3.72%), Cholesterol: 48.76mg (16.25%), Sodium: 322.65mg (14.03%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 23.06g (46.12%), Selenium: 44.37µg (63.39%), Phosphorus: 302.93mg (30.29%), Vitamin B3: 3.86mg (19.3%), Vitamin B6: 0.35mg (17.63%), Vitamin B12: 1.03µg (17.2%), Potassium: 602.11mg (17.2%), Vitamin B1: 0.25mg (16.84%), Manganese: 0.28mg (13.88%), Magnesium: 50.42mg (12.6%), Vitamin E: 1.82mg (12.15%), Iron: 2.17mg (12.03%), Vitamin C: 9.47mg (11.47%), Folate: 43.07µg (10.77%), Vitamin K: 11.23µg (10.69%), Vitamin B2: 0.18mg (10.46%), Vitamin A: 450.48IU (9.01%), Calcium: 82.36mg (8.24%), Fiber: 1.99g (7.95%), Vitamin D: 1.02µg (6.8%), Zinc: 0.78mg (5.18%), Copper: 0.09mg (4.55%), Vitamin B5: 0.28mg (2.8%)