



Grilled Fish Tacos with Spicy Pickled Onions

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 1 tablespoon chili powder
- ☐ 0.3 cup cilantro leaves finely chopped
- ☐ 2 pounds filets
- ☐ 1 package flour tortilla soft for tacos & fajitas (10 count)
- ☐ 1 teaspoon ground cumin
- ☐ 1 jalapeno with seeds removed halved
- ☐ 1 juice of lime juiced

- ☐ 1 orange juice juiced
- ☐ 8 servings lime wedges
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon oregano dried
- ☐ 1 onion red thinly sliced
- ☐ 8 servings salsa verde
- ☐ 1 teaspoon sugar

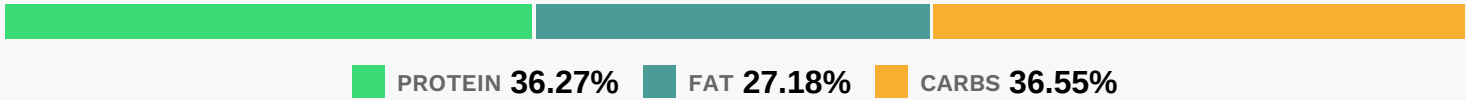
Equipment

- ☐ 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



Properties

Glycemic Index:41.14, Glycemic Load:6.67, Inflammation Score:-8, Nutrition Score:14.929565388223%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 268.42kcal (13.42%), Fat: 7.85g (12.08%), Saturated Fat: 1.71g (10.7%), Carbohydrates: 23.77g (7.92%), Net Carbohydrates: 21.53g (7.83%), Sugar: 5.34g (5.94%), Cholesterol: 48.76mg (16.25%), Sodium: 570.48mg (24.8%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 23.59g (47.17%), Selenium: 45.78µg (65.4%), Phosphorus: 316.1mg (31.61%), Vitamin B3: 4.14mg (20.7%), Potassium: 667.73mg (19.08%), Vitamin B1: 0.28mg (18.98%), Vitamin B6: 0.36mg (17.83%), Vitamin B12: 1.03µg (17.2%), Manganese: 0.31mg (15.44%), Iron: 2.4mg (13.33%), Vitamin C: 10.78mg (13.07%), Magnesium: 51.86mg (12.97%), Vitamin A: 625.92IU (12.52%), Folate: 49.08µg (12.27%), Vitamin E: 1.82mg (12.17%), Vitamin B2: 0.2mg (11.52%), Vitamin K: 11.69µg (11.13%), Calcium: 91.87mg (9.19%), Fiber: 2.23g (8.93%), Vitamin D: 1.02µg (6.8%), Zinc: 0.81mg (5.41%), Copper: 0.1mg (4.91%), Vitamin B5: 0.29mg (2.92%)