



Grilled Fish Tacos with Tomato-Green Onion Relish

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons canola oil
- 2 teaspoons chili powder
- 2 garlic clove minced
- 4 servings spring onion
- 0.1 teaspoon ground pepper
- 0.8 teaspoon ground cumin

- 1 tablespoon juice of lime fresh
- 4 servings lime wedges
- 0.3 teaspoon salt
- 8 6-inch tortillas fat-free whole-wheat ()
- 1 pound fish fillet white firm

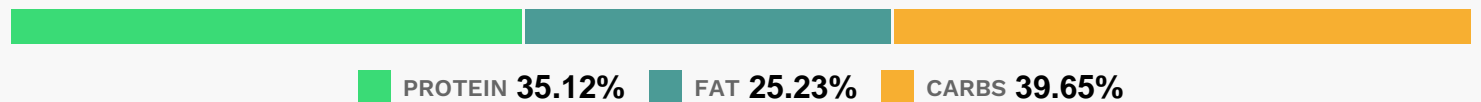
Equipment

- bowl
- grill
- aluminum foil

Directions

- Combine first 8 ingredients in a bowl.
- Add fish; toss to coat. Cover and refrigerate 15 minutes.
- Wrap tortillas in foil.
- Place fish and tortillas on a grill rack coated with cooking spray. Grill fish, covered with grill lid, over medium-high heat (350 to 400) for 4 to 5 minutes on each side or until fish flakes easily with a fork.
- Divide fish among tortillas; top with relish.
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:9.65, Inflammation Score:-6, Nutrition Score:18.855652145717%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 320.27kcal (16.01%), Fat: 8.99g (13.83%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 31.78g (10.59%), Net Carbohydrates: 29.01g (10.55%), Sugar: 2.55g (2.83%), Cholesterol: 56.7mg (18.9%), Sodium: 664.29mg (28.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.14g (56.28%), Selenium: 61.27µg (87.53%), Vitamin B3: 7.27mg (36.34%), Phosphorus: 326.85mg (32.68%), Vitamin B12: 1.79µg (29.86%), Vitamin B1: 0.36mg (24.07%), Vitamin D: 3.52µg (23.44%), Folate: 88.36µg (22.09%), Manganese: 0.42mg (21.04%), Vitamin K: 21.14µg (20.13%), Iron: 3.38mg (18.76%), Vitamin B2: 0.26mg (15.25%), Potassium: 474.6mg (13.56%), Vitamin B6: 0.27mg (13.38%), Magnesium: 48.93mg (12.23%), Calcium: 114.36mg (11.44%), Fiber: 2.77g (11.07%), Copper: 0.17mg (8.69%), Vitamin E: 1.26mg (8.41%), Vitamin A: 390.28IU (7.81%), Vitamin B5: 0.68mg (6.81%), Zinc: 0.8mg (5.34%), Vitamin C: 3.1mg (3.75%)