



Grilled Fish Tacos with Vera Cruz Salsa

 **Gluten Free**  **Dairy Free**

READY IN



85 min.

SERVINGS



6

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons ancho chile powder
- 6 servings canola oil for grilling
- 1 tablespoon capers drained
- 0.5 cup barely cilantro fresh chopped
- 8 corn tortillas white yellow warmed
- 0.3 cup cilantro leaves fresh chopped
- 1.5 pound halibut
- 2 jalapeños

- 0.5 juice of lime
- 6 servings kosher salt and pepper black freshly ground
- 1 cup manzanilla olives pitted halved
- 0.5 head napa shredded white
- 0.3 cup olive oil spanish extra-virgin
- 2 tablespoons olive oil
- 1 teaspoon mexican oregano dried
- 3 large plum tomatoes cored halved
- 1 small onion diced red finely
- 3 tablespoons red wine vinegar

Equipment

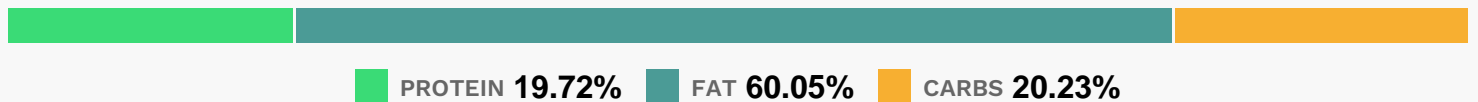
- bowl
- grill
- cutting board

Directions

- Watch how to make this recipe.
- Heat a charcoal or gas grill to high for direct grilling.
- Sprinkle the halibut with the ancho powder, salt and pepper. Grill until golden brown and charred on both sides, and just cooked through, about 5 minutes per side.
- Remove to a cutting board and let rest 5 minutes.
- Using two forks, flake the halibut into large bite-size pieces and put in a large bowl.
- Pour over the olive oil and lime juice, and toss just to combine.
- Add the cabbage and cilantro and toss again.
- Serve the fish with the tortillas and Vera Cruz Salsa and let guests fill and wrap their own tacos.
- Heat a charcoal or gas grill to high for direct grilling. Toss the tomatoes and jalapenos with a few tablespoons of canola oil and season with salt and pepper. Grill both until charred on all sides and just soft.

- Remove from the grill and let cool slightly.
- Halve the tomatoes, remove the seeds and cut into small dice. Dice the jalapenos, including the skin and seeds.
- Put the tomatoes and jalapenos in a medium bowl.
- Add the onions, olives, capers, olive oil, vinegar, cilantro, oregano, and lime juice and season with salt and pepper.
- Let sit at room temperature for 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:57.08, Glycemic Load:8.58, Inflammation Score:-9, Nutrition Score:28.493043256843%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

Nutrients (% of daily need)

Calories: 500.62kcal (25.03%), Fat: 34.2g (52.62%), Saturated Fat: 3.98g (24.9%), Carbohydrates: 25.92g (8.64%), Net Carbohydrates: 19.09g (6.94%), Sugar: 4.9g (5.45%), Cholesterol: 55.57mg (18.52%), Sodium: 542.35mg (23.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.27g (50.54%), Vitamin K: 91.01µg (86.68%), Selenium: 54.96µg (78.52%), Vitamin E: 7.66mg (51.08%), Vitamin C: 40.24mg (48.78%), Vitamin B6: 0.93mg (46.42%), Vitamin B3: 8.76mg (43.79%), Phosphorus: 421.71mg (42.17%), Vitamin D: 5.33µg (35.53%), Vitamin A: 1483.09IU (29.66%), Fiber: 6.84g (27.34%), Potassium: 882.12mg (25.2%), Vitamin B12: 1.25µg (20.79%), Manganese: 0.4mg (19.91%), Magnesium: 75.04mg (18.76%), Folate: 61.3µg (15.32%), Vitamin B1: 0.17mg (11.43%), Iron: 1.97mg (10.95%), Calcium: 103.24mg (10.32%), Copper: 0.19mg (9.47%), Zinc: 1.24mg (8.28%), Vitamin B2: 0.14mg (7.94%), Vitamin B5: 0.7mg (7%)