



HEALTH SCORE

59%

Grilled Fish Tostadas with Pineapple-Jícama Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 teaspoons chili powder



4 6-inch corn tortillas



0.3 cup cilantro leaves fresh chopped



1 cup jicama diced peeled



0.3 cup juice of lime fresh



0.3 cup olive oil



1 pound orange roughy fillets

- ☐ 1.5 cups pineapple diced peeled
- ☐ 0.5 cup onion diced red
- ☐ 1 serrano chiles seeded chopped
- ☐ 3 small zucchini cut lengthwise into 5 slices (10 ounces)

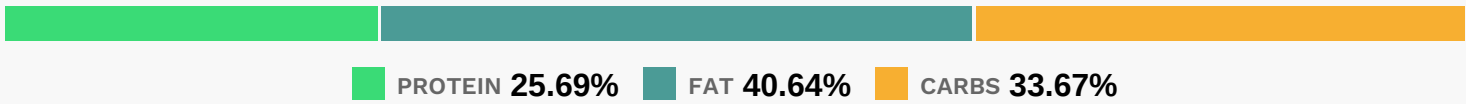
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Mix first 6 ingredients in medium bowl. Season salsa with salt and pepper.
- ☐ Whisk oil and chili powder in small bowl. Arrange zucchini, fish, and tortillas in single layer on large baking sheet.
- ☐ Brush chili oil on both sides of zucchini, fish, and tortillas.
- ☐ Sprinkle zucchini and fish with salt and pepper. Grill until fish is cooked through, zucchini is tender, and tortillas begin to crisp, about 3 minutes per side for fish and zucchini, and 2 minutes per side for tortillas. Divide zucchini among tortillas.
- ☐ Cut fish into strips and place atop zucchini. Top with salsa and serve.
- ☐ The heat level of chiles can vary widely; be sure to taste and adjust the quantity of chiles to your liking.

Nutrition Facts



Properties

Glycemic Index:49.54, Glycemic Load:10.16, Inflammation Score:-8, Nutrition Score:21.478260682977%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 335.85kcal (16.79%), Fat: 15.61g (24.01%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 29.1g (9.7%), Net Carbohydrates: 23.28g (8.47%), Sugar: 10.36g (11.51%), Cholesterol: 68.04mg (22.68%), Sodium: 120.73mg (5.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.2g (44.39%), Selenium: 78.02µg (111.46%), Vitamin C: 58.95mg (71.46%), Manganese: 0.94mg (47.19%), Vitamin E: 4.1mg (27.33%), Phosphorus: 259.4mg (25.94%), Fiber: 5.81g (23.25%), Vitamin B6: 0.4mg (20.14%), Potassium: 661.23mg (18.89%), Folate: 73.62µg (18.4%), Magnesium: 70.54mg (17.64%), Vitamin K: 17.76µg (16.92%), Vitamin B3: 3.09mg (15.47%), Copper: 0.28mg (14.09%), Iron: 2.5mg (13.9%), Vitamin A: 685.61IU (13.71%), Vitamin B2: 0.2mg (11.78%), Vitamin B1: 0.17mg (11.45%), Zinc: 1.11mg (7.39%), Vitamin B12: 0.43µg (7.18%), Calcium: 68.36mg (6.84%), Vitamin B5: 0.5mg (5.03%)