



Grilled Grouper Tacos

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



153 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 0.5 teaspoon chili powder
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.8 cup ears corn fresh frozen thawed
- ☐ 0.3 cup spring onion thinly sliced (3)
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 pound fish fillet white firm
- ☐ 1 teaspoon jalapeno minced seeded

- ☐ 2 cups romaine leaves shredded
- ☐ 3.5 tablespoons juice of lime fresh divided
- ☐ 0.3 cup cream sour low-fat
- ☐ 2.5 tablespoons olive oil divided
- ☐ 1.5 cups onion thinly sliced
- ☐ 2 small plum tomatoes diced seeded
- ☐ 0.5 bell pepper red seeded cut into thin strips
- ☐ 0.8 teaspoon salt divided
- ☐ 6 inch purchased corn tostada shells

Equipment

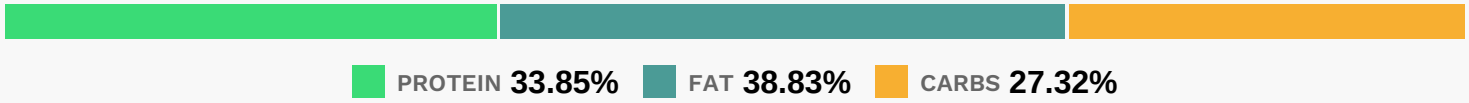
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine sour cream and 2 tablespoons lime juice. Cover and chill.
- ☐ Place a large nonstick skillet over medium heat.
- ☐ Add corn; saut 3 to 4 minutes or until corn is lightly browned.
- ☐ Combine corn, tomato, green onions, 1 tablespoon lime juice, 1 tablespoon oil, cilantro, jalapeo pepper, 1/4 teaspoon salt, and 1/8 teaspoon black pepper in a bowl. Toss gently. Cover and chill.
- ☐ Add 1 tablespoon oil to pan.
- ☐ Place over medium heat.
- ☐ Add sliced onion; saut 3 to 4 minutes or until onion is crisp-tender.
- ☐ Add bell pepper; cook 2 to 3 minutes or until pepper softens. Stir in 1/4 teaspoon salt; transfer to a bowl.
- ☐ Heat tostada shells according to package directions; keep warm.

- ☐ Prepare grill.
- ☐ Combine fish, 1 1/2 teaspoons oil, 1 1/2 teaspoons lime juice, chili powder, cumin, 1/4 teaspoon salt, and 1/8 teaspoon black pepper in a large zip-top plastic bag. Toss gently.
- ☐ Place fish on grill rack coated with cooking spray; grill 6 to 7 minutes on each side or until fish flakes easily when tested with a fork. Flake fish.
- ☐ Top each tostado shell with 1/4 cup shredded lettuce. Spoon onion and bell pepper mixture evenly over lettuce; divide fish evenly over onion and bell pepper mixture. Top fish with corn salsa; drizzle with the sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:0.93, Inflammation Score:-10, Nutrition Score:15.702608533528%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 152.79kcal (7.64%), Fat: 6.86g (10.55%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 8.84g (3.22%), Sugar: 3.67g (4.08%), Cholesterol: 30.87mg (10.29%), Sodium: 289.8mg (12.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.46g (26.91%), Vitamin A: 4876.94IU (97.54%), Selenium: 24.62µg (35.17%), Vitamin C: 28.83mg (34.94%), Manganese: 0.31mg (15.61%), Vitamin B12: 0.93µg (15.43%), Phosphorus: 152.03mg (15.2%), Vitamin B3: 2.98mg (14.89%), Folate: 56.97µg (14.24%), Potassium: 461.51mg (13.19%), Vitamin B6: 0.25mg (12.61%), Vitamin D: 1.77µg (11.81%), Vitamin K: 12.38µg (11.8%), Magnesium: 37.59mg (9.4%), Vitamin B1: 0.14mg (9.4%), Vitamin E: 1.38mg (9.2%), Fiber: 2.02g (8.08%), Vitamin B2: 0.14mg (7.98%), Iron: 1.24mg (6.9%), Calcium: 52.55mg (5.25%), Vitamin B5: 0.47mg (4.66%), Copper: 0.08mg (4.18%), Zinc: 0.55mg (3.68%)