



Grilled Mahi-Mahi Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cilantro leaves fresh chopped
- 1 jalapeno minced stemmed seeded
- 1 tablespoon paprika
- 8 corn tortillas warmed
- 1 teaspoon garlic powder
- 1 lime cut into wedges
- 2 tablespoons cream sour
- 0.3 teaspoon ground pepper

- 1 teaspoon oregano fresh chopped
- 1 teaspoon thyme dried
- 1 teaspoon juice of lemon fresh
- 4 spring onion white thinly sliced
- 1 cup cabbage shredded finely
- 4 servings hot sauce hot
- 1 teaspoon onion powder
- 0.5 small onion yellow finely chopped
- 1 teaspoon oregano dried
- 1 teaspoon kosher salt
- 5 plum tomatoes seeded chopped
- 0.5 teaspoon pepper black freshly ground
- 0.3 cup cup heavy whipping cream
- 1 pound mahi-mahi
- 4 servings vegetable oil (for brushing)
- 1 frangelico stemmed seeded minced
- 1 frangelico minced stemmed seeded

Equipment

- bowl
- whisk
- grill

Directions

- Combine first 7 ingredients
- in a medium bowl. Season to taste with salt
- and pepper.
- Whisk cream and sour cream in a
- small bowl to blend. Season to taste with

- salt, pepper, and hot sauce.
- Build a medium-hot fire in a charcoal
- grill, or heat a gas grill to high.
- Combine all
- dried spices in a small bowl.
- Sprinkle over
- fish.
- Brush grill grate with oil. Grill fish until
- cooked through, about 5 minutes per side.
- Using a fork, coarsely shred fish.
- Fill tortillas with fish, cabbage, and pico
- de gallo.
- Drizzle with crema. Squeeze fresh
- lime wedges over tacos.

Nutrition Facts



■ PROTEIN **23.27%**
■ FAT **46.23%**
■ CARBS **30.5%**

Properties

Glycemic Index:95.38, Glycemic Load:12.06, Inflammation Score:-10, Nutrition Score:26.033478151197%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 7.38mg,
 Hesperetin: 7.38mg, Hesperetin: 7.38mg, Hesperetin: 7.38mg Naringenin: 1.11mg, Naringenin: 1.11mg, Naringenin:
 1.11mg, Naringenin: 1.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg,
 Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin:
 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol:
 0.32mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.86mg, Quercetin:
 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 441.9kcal (22.1%), Fat: 23.4g (36%), Saturated Fat: 6.72g (42.03%), Carbohydrates: 34.73g (11.58%), Net
 Carbohydrates: 27.63g (10.05%), Sugar: 5.11g (5.68%), Cholesterol: 103.13mg (34.38%), Sodium: 726.23mg (31.58%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.51g (53.01%), Vitamin K: 90µg (85.72%), Selenium: 45.94µg (65.63%), Vitamin A: 2366.88IU (47.34%), Vitamin B3: 8.64mg (43.22%), Phosphorus: 386.7mg (38.67%), Vitamin B6: 0.77mg (38.57%), Vitamin C: 30.58mg (37.06%), Fiber: 7.1g (28.4%), Potassium: 961.39mg (27.47%), Manganese: 0.49mg (24.74%), Magnesium: 97.27mg (24.32%), Iron: 3.72mg (20.69%), Vitamin E: 2.93mg (19.56%), Calcium: 136.65mg (13.66%), Vitamin B2: 0.23mg (13.24%), Vitamin B5: 1.22mg (12.17%), Copper: 0.24mg (12.05%), Vitamin B12: 0.72µg (11.95%), Folate: 46.26µg (11.56%), Zinc: 1.69mg (11.24%), Vitamin B1: 0.15mg (9.92%), Vitamin D: 0.24µg (1.59%)