



Grilled Mahi Mahi Tacos with Red Cabbage Slaw, Tomato and Avocado Salsa and Pineapple Hot Sauce

 Dairy Free or type unknown

READY IN

ready

115 min.

SERVINGS

servings

16

CALORIES

calories

247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup canola oil
- ☐ 2 tablespoons canola oil
- ☐ 1 large carrots cut into fine julienne
- ☐ 2 habanero chiles chopped
- ☐ 0.3 cup cilantro leaves chopped

- ☐ 3 tablespoons cilantro leaves chopped
- ☐ 8 6-inch flour tortillas cut into 2 1/2 to 3-inch circles, and deep fried ()
- ☐ 1 cup basil leaves fresh chopped
- ☐ 1 cup cilantro leaves fresh
- ☐ 2 hass avocados diced pitted ripe peeled
- ☐ 1 tablespoon honey
- ☐ 1 teaspoons honey
- ☐ 16 servings honey
- ☐ 1 juice of lime juiced
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup juice of lime
- ☐ 32 ounce mahi mahi fillets
- ☐ 1 large onion spanish coarsely chopped
- ☐ 0.8 cup orange juice
- ☐ 1 pineapple ripe
- ☐ 1 container pineapple puree frozen thawed
- ☐ 4 plum tomatoes chopped
- ☐ 0.3 head cabbage shredded red finely
- ☐ 0.5 small onion red finely chopped
- ☐ 0.3 cup rice vinegar
- ☐ 1 cup rice wine vinegar
- ☐ 16 servings salt and pepper
- ☐ 16 servings salt and pepper black freshly ground
- ☐ 1 serrano chile diced finely
- ☐ 1 tablespoon sugar

Equipment

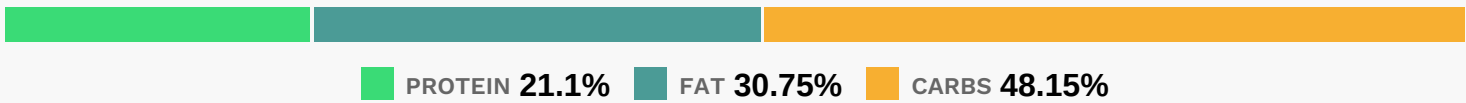
- ☐ bowl
- ☐ sauce pan

- ☐ blender
- ☐ grill
- ☐ broiler

Directions

- ☐ Preheat grill.
- ☐ Brush fillets with oil and season with salt and pepper. Grill for 3 to 4 minutes per side.
- ☐ Remove from grill and drizzle with some of the Citrus Vinaigrette.
- ☐ Let rest 5 minutes and then flake with a fork.
- ☐ Fill each fried tortilla with some of the mahi, top with the Red Cabbage Slaw, Tomato and Avocado Salsa, and drizzle with Charred Pineapple-habanero Hot Sauce.
- ☐ Combine all ingredients in a blender and blend for 1 minute.
- ☐ Combine all ingredients in a bowl. Season with salt and pepper, to taste.
- ☐ Gently combine all ingredients in a bowl. Season with salt and pepper, to taste.
- ☐ Heat a grill to high or preheat the broiler.
- ☐ Place the whole pineapple (do not peel it) on the grill and grill until the entire surface is completely black and charred.
- ☐ Remove from grill and let cool slightly. Peel the pineapple, remove the core and coarsely chop the flesh.
- ☐ Heat oil in a medium saucepan over medium-high heat; add the onion and cook until soft.
- ☐ Add the pineapple, pineapple puree, habanero and vinegar and cook until the mixture is completely soft, about 25 to 30 minutes.
- ☐ Transfer to a blender and blend until smooth. Season with salt, pepper and honey, to taste. Strain the mixture into a bowl.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:12.32, Inflammation Score:-8, Nutrition Score:17.490869895272%

Flavonoids

Cyanidin: 27.59mg, Cyanidin: 27.59mg, Cyanidin: 27.59mg, Cyanidin: 27.59mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 1.9mg, Hesperetin: 1.9mg, Hesperetin: 1.9mg, Hesperetin: 1.9mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 247.34kcal (12.37%), Fat: 8.66g (13.32%), Saturated Fat: 1.34g (8.37%), Carbohydrates: 30.51g (10.17%), Net Carbohydrates: 26.45g (9.62%), Sugar: 17.31g (19.23%), Cholesterol: 41.39mg (13.8%), Sodium: 511.91mg (22.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.37g (26.73%), Vitamin C: 56.82mg (68.87%), Manganese: 0.79mg (39.4%), Selenium: 24.59µg (35.13%), Vitamin A: 1451.42IU (29.03%), Vitamin B3: 5.22mg (26.09%), Vitamin K: 27.3µg (26%), Vitamin B6: 0.47mg (23.45%), Potassium: 607.12mg (17.35%), Fiber: 4.06g (16.25%), Folate: 62.92µg (15.73%), Phosphorus: 150.69mg (15.07%), Vitamin B1: 0.19mg (12.6%), Magnesium: 45.03mg (11.26%), Iron: 1.89mg (10.52%), Vitamin B5: 1.04mg (10.4%), Vitamin B2: 0.17mg (9.84%), Copper: 0.2mg (9.84%), Vitamin E: 1.32mg (8.79%), Calcium: 61.62mg (6.16%), Vitamin B12: 0.34µg (5.67%), Zinc: 0.73mg (4.84%)