



Grilled Salmon Tacos with Chipotle Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons chipotle chile canned minced (1 chile)
- ☐ 2 tablespoons buttermilk fat-free
- ☐ 0.5 cup mayonnaise fat-free
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 4 cups cabbage shredded green
- ☐ 0.3 cup green onions chopped
- ☐ 3 tablespoons juice of lime fresh
- ☐ 4 servings cedar-planked salmon with barbecue spice rub, coarsely chopped

- ☐ 1 cup tomatoes diced seeded (2 tomatoes)
- ☐ 8 6-inch corn tortillas white ()

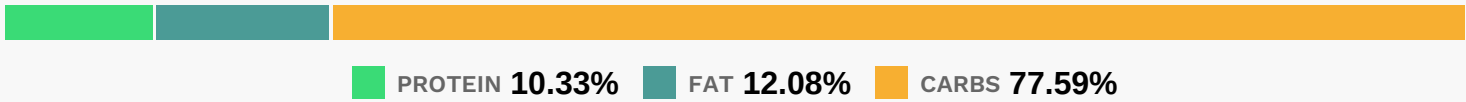
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 25
- ☐ To prepare sauce, combine mayonnaise, cilantro, buttermilk, and chile in a small bowl.
- ☐ To prepare tacos, place Cedar-Planked Salmon with Barbecue Spice Rub in a baking dish. Cover with foil. Wrap tortillas tightly in foil.
- ☐ Bake the fish and the tortillas at 250 for 15 minutes or until thoroughly heated.
- ☐ Combine cabbage, onions, and juice; toss well.
- ☐ Spread about 4 teaspoons sauce down the center of each tortilla. Top each tortilla with about 2 ounces Cedar-Planked Salmon with Barbecue Spice Rub, 1/2 cup cabbage mixture, and 2 tablespoons tomato; fold in half.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.13, Glycemic Load:11.58, Inflammation Score:-6, Nutrition Score:13.76826074849%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg

0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg
Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 174.89kcal (8.74%), Fat: 2.51g (3.86%), Saturated Fat: 0.48g (3%), Carbohydrates: 36.22g (12.07%), Net Carbohydrates: 29.56g (10.75%), Sugar: 7.6g (8.45%), Cholesterol: 2.75mg (0.92%), Sodium: 274.14mg (11.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.65%), Vitamin K: 89.27µg (85.02%), Vitamin C: 35.93mg (43.55%), Fiber: 6.65g (26.61%), Manganese: 0.42mg (20.76%), Phosphorus: 198.33mg (19.83%), Magnesium: 55.37mg (13.84%), Vitamin B6: 0.25mg (12.67%), Folate: 46.25µg (11.56%), Potassium: 362.2mg (10.35%), Vitamin A: 508.58IU (10.17%), Calcium: 94.21mg (9.42%), Iron: 1.65mg (9.19%), Vitamin B1: 0.12mg (7.7%), Copper: 0.14mg (7%), Zinc: 0.96mg (6.39%), Vitamin B3: 1.26mg (6.28%), Selenium: 3.6µg (5.15%), Vitamin B2: 0.08mg (4.91%), Vitamin E: 0.55mg (3.68%), Vitamin B5: 0.26mg (2.59%)