



Grilled Salmon Tacos with Chunky Guacamole

 Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 plum tomatoes chopped (Roma)
- 2 avocado peeled chopped
- 0.3 cup onion finely chopped
- 1 serrano chiles seeded finely chopped
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon juice of lime
- 0.5 teaspoon salt
- 3 tablespoons juice of lime

- 0.5 teaspoon salt
- 0.5 teaspoon pepper freshly ground
- 24 oz salmon fillet
- 2 tablespoons vegetable oil
- 10 6-inch flour tortilla ()
- 2 cups cabbage shredded red finely
- 1 serving lime wedges

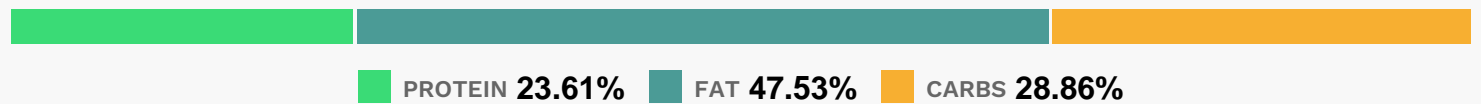
Equipment

- bowl
- frying pan

Directions

- In medium bowl, mix Chunky Guacamole ingredients. Cover; refrigerate until ready to serve.
- In small bowl, mix 3 tablespoons lime juice, 1/2 teaspoon salt and the pepper. Rub salmon fillets with lime juice mixture; let stand 15 minutes.
- In 12-inch skillet, heat oil over medium heat until hot. Cook salmon fillets in oil 15 to 20 minutes or until fish flakes easily with fork, turning once.
- Remove from heat; cut in serving-size pieces, removing and discarding skin.
- Fill tortillas with salmon and cabbage.
- Serve with guacamole and lime wedges.

Nutrition Facts



Properties

Glycemic Index:26.7, Glycemic Load:5.5, Inflammation Score:-6, Nutrition Score:18.676521902499%

Flavonoids

Cyanidin: 37.48mg, Cyanidin: 37.48mg, Cyanidin: 37.48mg, Cyanidin: 37.48mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg

Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 288.2kcal (14.41%), Fat: 15.41g (23.71%), Saturated Fat: 2.83g (17.66%), Carbohydrates: 21.05g (7.02%), Net Carbohydrates: 16.63g (6.05%), Sugar: 2.69g (2.98%), Cholesterol: 37.42mg (12.47%), Sodium: 492.07mg (21.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.23g (34.45%), Selenium: 31.83µg (45.47%), Vitamin B3: 7.55mg (37.75%), Vitamin B6: 0.74mg (36.79%), Vitamin B12: 2.16µg (36.06%), Vitamin B2: 0.41mg (24.32%), Vitamin K: 24.91µg (23.72%), Vitamin B1: 0.35mg (23.44%), Phosphorus: 229.71mg (22.97%), Vitamin C: 18.37mg (22.26%), Folate: 84.61µg (21.15%), Potassium: 656.76mg (18.76%), Vitamin B5: 1.79mg (17.94%), Fiber: 4.42g (17.68%), Manganese: 0.3mg (14.8%), Copper: 0.29mg (14.72%), Iron: 2.07mg (11.5%), Magnesium: 43.5mg (10.88%), Vitamin A: 424.14IU (8.48%), Vitamin E: 1.17mg (7.8%), Calcium: 68.75mg (6.88%), Zinc: 0.93mg (6.19%)