



Grilled-Sea Bass Tacos with Fresh-Peach Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 cups packaged coleslaw mix shredded green
- ☐ 0.5 cup cilantro leaves fresh minced
- ☐ 3 tablespoons cilantro leaves fresh minced
- ☐ 1 teaspoon honey
- ☐ 0.3 cup juice of lemon fresh
- ☐ 3 cups peaches peeled coarsely chopped (6 small peaches)

- ☐ 1 cup onion diced red
- ☐ 0.3 teaspoon salt
- ☐ 1 pound sea bass fillet thick (2 inches)
- ☐ 1 teaspoon serrano chile seeded chopped
- ☐ 2 tablespoons shallots minced
- ☐ 8 taco shells

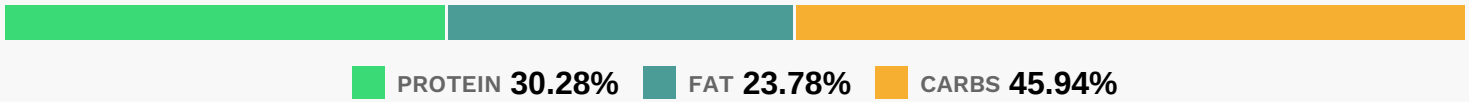
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first 8 ingredients in a bowl; toss gently.
- ☐ Prepare grill.
- ☐ Place fish on grill rack coated with cooking spray; grill 6 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Sprinkle fish with 1/4 teaspoon salt and pepper.
- ☐ Prepare tacos: Warm the taco shells according to package directions.
- ☐ Cut the fish into 8 pieces, and place 1 piece of fish in each taco shell. Top each taco with 1/4 cup peach salsa, 1/4 cup shredded cabbage, and 1 tablespoon cilantro.

Nutrition Facts



Properties

Glycemic Index:89.38, Glycemic Load:15.57, Inflammation Score:-8, Nutrition Score:20.734782156737%

Flavonoids

Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg Epigallocatechin: 1.2mg Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg

Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.33mg, Quercetin: 10.33mg, Quercetin: 10.33mg, Quercetin: 10.33mg

Nutrients (% of daily need)

Calories: 310.62kcal (15.53%), Fat: 8.32g (12.8%), Saturated Fat: 2.34g (14.61%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 30.96g (11.26%), Sugar: 15.12g (16.8%), Cholesterol: 90.72mg (30.24%), Sodium: 326.21mg (14.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.83g (47.66%), Vitamin B12: 4.33µg (72.2%), Selenium: 45.39µg (64.84%), Vitamin K: 39.62µg (37.73%), Vitamin C: 27.66mg (33.53%), Phosphorus: 332.25mg (33.23%), Vitamin B6: 0.54mg (27%), Magnesium: 85.54mg (21.38%), Fiber: 5.2g (20.81%), Vitamin B3: 3.95mg (19.75%), Potassium: 652.24mg (18.64%), Manganese: 0.37mg (18.44%), Vitamin B1: 0.24mg (16.08%), Folate: 62.68µg (15.67%), Vitamin A: 679.11IU (13.58%), Vitamin B5: 1.2mg (12.01%), Iron: 2.12mg (11.77%), Copper: 0.19mg (9.44%), Zinc: 1.28mg (8.55%), Vitamin E: 1.16mg (7.7%), Calcium: 73.66mg (7.37%), Vitamin B2: 0.12mg (7.18%)