






 **60%**
HEALTH SCORE

Grilled Southern Fish Tacos with Cabbage Slaw

 **Gluten Free**  **Very Healthy**

READY IN

55 min.

SERVINGS

6

CALORIES

476 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 1 cup buttermilk
- 1 chipotle packed in adobo, finely chopped
- 3 tablespoons cilantro leaves chopped
- 16 6-inch corn tortillas ()
- 6 servings cilantro leaves fresh for serving
- 0.5 small head cabbage green cored
- 1.5 pounds halibut skinless

- 1 tablespoon honey
- 1 jalapeño sliced
- 0.5 juice of lime
- 1 juice of lime
- 6 servings kosher salt and pepper black freshly ground
- 6 servings lime wedges for serving
- 6 servings olive oil for greasing grates
- 0.3 onion red
- 1 teaspoon paprika smoked
- 0.5 cup cup heavy whipping cream sour

Equipment

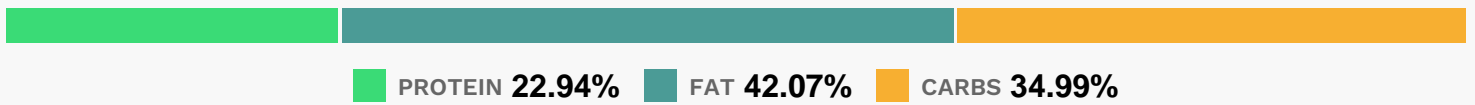
- food processor
- bowl
- grill
- grater

Directions

- Watch how to make this recipe.
- Add buttermilk, jalapeno, smoked paprika, 1/2 the lime juice, salt, and pepper to a large resealable zip top bag.
- Add the halibut and let marinate for 30 minutes.
- Preheat the grill to medium-high heat.
- Once hot, brush the grill grate with some olive oil.
- Remove the fish from the marinade and grill the fish 4 minutes per side, about 8 minutes total.
- Remove to a plate and break the fish into chunks.
- Sprinkle with lime juice and a touch more salt.
- Grill corn tortillas until warm and soft and they have a few charred marks.

- To assemble the tacos, place a nice spoonful of the fish onto the center of a warmed tortilla. Top with the Cabbage Slaw.
- Garnish with lime wedges and cilantro leaves.
- Using a large holed grater attachment for a food processor, shred the cabbage and red onion.
- Add to a large serving bowl with the chopped cilantro.
- Mix the sour cream, chipotle, lime juice, honey, salt, and pepper in a separate bowl.
- Add the dressing to the grated cabbage. Allow the mixture to marinate for at least 30 minutes and up to 8 hours before serving

Nutrition Facts



Properties

Glycemic Index:71.63, Glycemic Load:16.55, Inflammation Score:-7, Nutrition Score:25.711739291315%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 476.15kcal (23.81%), Fat: 22.7g (34.93%), Saturated Fat: 5.32g (33.27%), Carbohydrates: 42.48g (14.16%), Net Carbohydrates: 35.94g (13.07%), Sugar: 8.95g (9.94%), Cholesterol: 71.27mg (23.76%), Sodium: 169.19mg (7.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.86g (55.72%), Selenium: 58.41µg (83.44%), Phosphorus: 554.02mg (55.4%), Vitamin K: 55.92µg (53.26%), Vitamin B6: 0.9mg (44.83%), Vitamin B3: 8.71mg (43.53%), Vitamin D: 5.85µg (39%), Vitamin C: 27.7mg (33.57%), Fiber: 6.55g (26.19%), Vitamin B12: 1.47µg (24.53%), Potassium: 836.08mg (23.89%), Magnesium: 91.44mg (22.86%), Vitamin E: 3.3mg (22%), Manganese: 0.37mg (18.46%), Calcium: 157.73mg (15.77%), Vitamin B2: 0.21mg (12.6%), Vitamin B1: 0.19mg (12.5%), Folate: 48.58µg (12.14%), Zinc: 1.68mg (11.21%), Vitamin A: 535.55IU (10.71%), Iron: 1.55mg (8.59%), Vitamin B5: 0.85mg (8.45%), Copper: 0.17mg (8.44%)