



Grilled Swordfish Tacos With Tomatillo-Avocado Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup coarsely avocado mashed (1 medium avocado)
- 1 teaspoon chili powder
- 1 chipotle chile
- 6 6-inch corn tortillas ()
- 1 garlic clove halved
- 1 teaspoon ground cumin
- 2 tablespoons juice of lemon

- 2 teaspoons olive oil
- 0.3 cup onion chopped
- 7 ounce salsa verde canned (such as Herdez)
- 0.5 teaspoon salt
- 1.5 pounds swordfish steaks
- 0.5 cup water boiling

Equipment

- food processor
- bowl
- grill
- grill pan

Directions

- Combine boiling water and chipotle chile in a small bowl; cover and let stand 30 minutes or until soft.
- Drain; discard stems, seeds, and membranes.
- Combine chile, onion, and next 6 ingredients in bowl of food processor. Process until pureed, scraping down sides of bowl occasionally.
- Spread 1 teaspoon chipotle mixture on each side of swordfish steaks. Set aside remaining chipotle mixture.
- Heat a grill pan over medium-high heat until hot.
- Add fish, and grill 6 minutes on each side.
- Cut fish into 1-inch cubes; combine fish with remaining chipotle mixture. Set aside.
- Combine salsa verde and avocado.
- Heat tortillas according to package directions. Spoon 2/3 cup fish mixture and 2 tablespoons salsa verde mixture into center of each tortilla. Fold tortilla in half.
- Serve immediately.

Nutrition Facts



■ PROTEIN 34.66% ■ FAT 40.74% ■ CARBS 24.6%

Properties

Glycemic Index:25.42, Glycemic Load:5.34, Inflammation Score:-6, Nutrition Score:21.722173846286%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 284.51kcal (14.23%), Fat: 12.77g (19.65%), Saturated Fat: 2.51g (15.68%), Carbohydrates: 17.35g (5.78%), Net Carbohydrates: 13.97g (5.08%), Sugar: 3.33g (3.7%), Cholesterol: 74.84mg (24.95%), Sodium: 544.76mg (23.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.45g (48.91%), Vitamin D: 15.76µg (105.08%), Selenium: 66.94µg (95.63%), Vitamin B3: 9.55mg (47.75%), Phosphorus: 385.23mg (38.52%), Vitamin B6: 0.74mg (37.02%), Vitamin B12: 1.93µg (32.13%), Vitamin E: 3.05mg (20.32%), Potassium: 699.74mg (19.99%), Magnesium: 59.45mg (14.86%), Fiber: 3.38g (13.51%), Vitamin A: 471.19IU (9.42%), Vitamin B1: 0.13mg (8.59%), Zinc: 1.25mg (8.32%), Manganese: 0.16mg (7.79%), Vitamin B5: 0.68mg (6.77%), Vitamin C: 5.54mg (6.71%), Copper: 0.13mg (6.52%), Iron: 1.16mg (6.43%), Vitamin B2: 0.11mg (6.23%), Folate: 19.48µg (4.87%), Vitamin K: 4.82µg (4.59%), Calcium: 36.4mg (3.64%)