



Grouper Tacos with Mango Salsa

 Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



2697 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups angel hair slaw
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 60 2-inch corn tortillas
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 large garlic cloves minced
- ☐ 0.8 teaspoon ground cumin divided
- ☐ 24 ounce grouper fillets thick

- ☐ 2.5 tablespoons jalapeno minced seeded 1 large
- ☐ 6 tablespoons juice of lime fresh divided
- ☐ 1.5 cups mangos diced peeled
- ☐ 0.3 cup onion red chopped
- ☐ 0.5 teaspoon salt divided

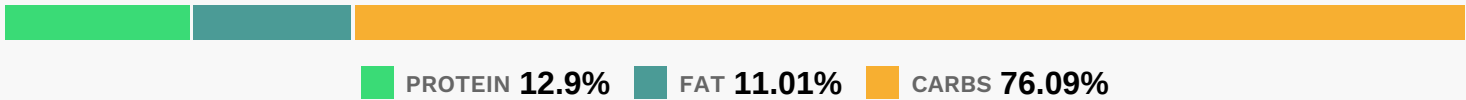
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Place fish in a shallow baking dish; sprinkle with 2 tablespoons lime juice and 2 minced garlic cloves.
- ☐ Sprinkle with 1/2 teaspoon cumin, 1/4 teaspoon salt, and 1/4 teaspoon black pepper. Set aside.
- ☐ Combine diced mango, next 4 ingredients, remaining 1/4 cup lime juice, and remaining 1/4 teaspoon each of cumin, salt, and black pepper in a large bowl; toss well, and set aside.
- ☐ Place fish on grill rack coated with cooking spray. Grill 7 to 8 minutes on each side or until fish flakes easily when tested with a fork. Flake fish into bite-sized pieces with fork.
- ☐ Warm tortillas according to package directions.
- ☐ Top each tortilla with about 1/4 cup fish, 2 tablespoons mango salsa, and 2 tablespoons slaw.

Nutrition Facts



Properties

Glycemic Index:55.38, Glycemic Load:229.45, Inflammation Score:-10, Nutrition Score:61.565217266912%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 2697.45kcal (134.87%), Fat: 34.2g (52.62%), Saturated Fat: 5.54g (34.61%), Carbohydrates: 532.03g (177.34%), Net Carbohydrates: 458.44g (166.7%), Sugar: 17.1g (19%), Cholesterol: 41.96mg (13.99%), Sodium: 770.37mg (33.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 90.16g (180.32%), Phosphorus: 3815.71mg (381.57%), Fiber: 73.6g (294.38%), Magnesium: 874.92mg (218.73%), Manganese: 4.02mg (200.84%), Selenium: 123.42µg (176.32%), Vitamin B6: 2.98mg (149.12%), Zinc: 15.86mg (105.71%), Calcium: 974.64mg (97.46%), Copper: 1.9mg (95.03%), Vitamin B3: 18.2mg (90.98%), Iron: 15.62mg (86.77%), Potassium: 2843.47mg (81.24%), Vitamin B1: 1.2mg (79.73%), Vitamin B2: 0.79mg (46.3%), Vitamin C: 28.41mg (34.43%), Vitamin E: 3.87mg (25.8%), Folate: 93.72µg (23.43%), Vitamin B5: 2.32mg (23.22%), Vitamin A: 755.59IU (15.11%), Vitamin B12: 0.68µg (11.34%), Vitamin K: 5.42µg (5.16%)