

What She Ate

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health-score 59%

HEALTH SCORE

Halibut Fish Tacos with Cilantro Savoy Slaw

Gluten Free Very Healthy

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cilantro leaves packed
- ☐ 8 corn tortillas warmed
- ☐ 2 cloves garlic quartered
- ☐ 1.5 teaspoons ground cumin
- ☐ 1 pound pacific halibut filets skinless cut into 1-inch chunks
- ☐ 4 servings kosher salt
- ☐ 3 limes
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 4 servings salsa verde prepared for serving
- ☐ 8 ounces savoy cabbage shredded packed finely
- ☐ 1 bunch scallions coarsely chopped finely chopped
- ☐ 0.7 cup cup heavy whipping cream sour

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Finely grate the zest of one of the limes and add it to the bowl of a mini food processor. Squeeze in the juice of the lime and add the garlic, cilantro, coarsely chopped scallions, cumin and 1 teaspoon salt and pulse until roughly chopped.
- ☐ Add 2 tablespoons of the olive oil and 1 tablespoon water and continue to pulse until the mixture becomes a chunky sauce.
- ☐ Toss the halibut in a bowl with all but 1 tablespoon of the sauce and let marinate for 10 to 15 minutes while you prepare the cabbage and the sour cream.
- ☐ In a large bowl, toss the remaining 1 tablespoon cilantro sauce with the cabbage, finely chopped scallions, the juice of the second lime, 1 tablespoon of the olive oil and 1/2 teaspoon kosher salt. In a small bowl, stir together the sour cream, the juice of the remaining lime and a pinch of salt.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add half of the remaining 1 tablespoon olive oil.
- ☐ Add about half of the fish, so the pieces are in a single layer, and cook, turning, until the fish is just opaque and flakes easily with a fork, about 4 minutes.
- ☐ Transfer the fish to a plate and cook the remaining fish with the remaining oil. Divide the fish among the tortillas and top with cabbage.
- ☐ Serve with the sour cream and salsa verde on the side.

Nutrition Facts



 **PROTEIN 22.47%**  **FAT 46.49%**  **CARBS 31.04%**

Properties

Glycemic Index:65.88, Glycemic Load:12.11, Inflammation Score:-9, Nutrition Score:28.654347461203%

Flavonoids

Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg

Nutrients (% of daily need)

Calories: 466.02kcal (23.3%), Fat: 24.81g (38.17%), Saturated Fat: 6.34g (39.6%), Carbohydrates: 37.26g (12.42%), Net Carbohydrates: 30.33g (11.03%), Sugar: 6.14g (6.82%), Cholesterol: 78.18mg (26.06%), Sodium: 559.57mg (24.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.99g (53.97%), Selenium: 57.37µg (81.96%), Vitamin K: 85.3µg (81.24%), Phosphorus: 504.99mg (50.5%), Vitamin B6: 0.92mg (45.89%), Vitamin C: 37.57mg (45.54%), Vitamin B3: 8.63mg (43.17%), Vitamin D: 5.33µg (35.53%), Vitamin A: 1717.27IU (34.35%), Fiber: 6.93g (27.72%), Potassium: 962.38mg (27.5%), Magnesium: 92.65mg (23.16%), Vitamin E: 3.39mg (22.62%), Vitamin B12: 1.33µg (22.13%), Manganese: 0.39mg (19.33%), Folate: 76.81µg (19.2%), Calcium: 144.83mg (14.48%), Vitamin B1: 0.18mg (12.29%), Iron: 2.21mg (12.26%), Copper: 0.22mg (10.75%), Vitamin B2: 0.18mg (10.66%), Zinc: 1.54mg (10.28%), Vitamin B5: 0.85mg (8.49%)