



## Halibut Fish Tacos with Guacamole Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon cayenne pepper
- 1 teaspoon coarse salt
- 4 pieces filets fresh
- 12 6-inch flour tortillas soft ( )
- 3 haas avocados with a large spoon small to medium pitted ripe
- 1 juice of lemon juiced
- 1 juice of lime juiced
- 4 servings olive oil extra-virgin for drizzling
- 1 cup yogurt plain

- 2 plum tomatoes seeded chopped
- 1 heart romaine lettuce
- 4 servings salt and pepper
- 2 scallions thinly sliced

## Equipment

- food processor
- bowl
- oven
- blender
- grill
- microwave
- grill pan

## Directions

- Preheat a grill pan or indoor grill to high heat or, prepare outdoor grill.
- Drizzle halibut with extra-virgin olive oil to keep fish from sticking to the grill pan or grill. Season fish with salt and pepper, to your taste.
- Roll lime on the counter top to get juices flowing. Also, any under ripe citrus may be placed in a microwave oven for 10 seconds at high setting to induce the juices to flow. Grill fish 4 to 5 minutes on each side or until opaque. Squeeze the juice of 1 lime down over the fish and remove from the grill pan or grill. Flake fish into large chunks with a fork.
- While fish is cooking, in a blender or food processor, combine avocado flesh, lemon juice, cayenne pepper, yogurt and salt. Process guacamole sauce until smooth.
- Remove guacamole sauce to a bowl and stir in diced tomatoes and chopped scallions. Shred lettuce and reserve.
- When fish comes off the grill pan or grill, blister and heat soft taco wraps. To assemble, break up fish and pile some of the meat into soft shells and slather with guacamole sauce. Top with shredded lettuce, fold tacos over and eat!

## Nutrition Facts



■ PROTEIN 7.41% ■ FAT 57.21% ■ CARBS 35.38%

## Properties

Glycemic Index:48.75, Glycemic Load:16.12, Inflammation Score:-9, Nutrition Score:29.208696094544%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

## Nutrients (% of daily need)

Calories: 691.55kcal (34.58%), Fat: 45.51g (70.01%), Saturated Fat: 9.08g (56.76%), Carbohydrates: 63.34g (21.11%), Net Carbohydrates: 49.29g (17.93%), Sugar: 8.57g (9.52%), Cholesterol: 8.39mg (2.8%), Sodium: 1480.48mg (64.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.26g (26.51%), Vitamin K: 68.98µg (65.69%), Folate: 231.59µg (57.9%), Fiber: 14.05g (56.18%), Vitamin B1: 0.6mg (39.77%), Vitamin E: 5.49mg (36.61%), Manganese: 0.73mg (36.32%), Vitamin B3: 6.94mg (34.72%), Phosphorus: 338.15mg (33.81%), Vitamin B2: 0.56mg (32.78%), Selenium: 22.45µg (32.08%), Vitamin C: 26.39mg (31.99%), Potassium: 1071.86mg (30.62%), Vitamin A: 1317.11IU (26.34%), Vitamin B6: 0.51mg (25.43%), Vitamin B5: 2.54mg (25.42%), Iron: 4.49mg (24.93%), Calcium: 235.98mg (23.6%), Copper: 0.42mg (20.86%), Magnesium: 78.23mg (19.56%), Zinc: 1.92mg (12.79%), Vitamin B12: 0.24µg (3.93%)