



Halibut Tacos with Peach Salsa



Gluten Free



Dairy Free

READY IN



58 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce coleslaw mix
- ☐ 8 supersized corn tortillas yellow warmed
- ☐ 1 teaspoon ground allspice
- ☐ 1 pound halibut
- ☐ 1 cup peaches frozen thawed chopped
- ☐ 2 cups mild chunky salsa
- ☐ 1 ounce taco seasoning hot

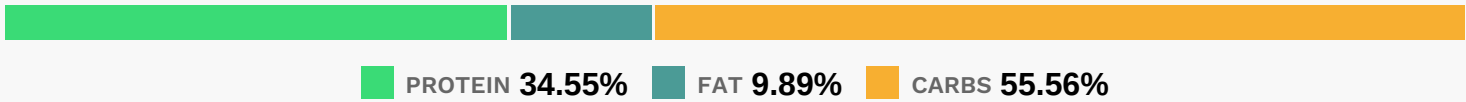
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Set up the grill for direct cooking over medium heat and oil the grates.
- ☐ Place halibut on a plate and rub with taco seasoning. Cover with plastic wrap and cure in the refrigerator for 30 minutes.
- ☐ Place the halibut on the grill and cover. Cook for 4 minutes per side, or until the fish flakes easily with a fork.
- ☐ Remove from the grill and let stand 10 minutes.
- ☐ Meanwhile, in a medium bowl, combine salsa, peaches, and allspice.
- ☐ Cut the halibut into bite-size pieces.
- ☐ Place halibut pieces in warmed tortillas and top with salsa and coleslaw mix.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:49.94, Glycemic Load:12.25, Inflammation Score:-9, Nutrition Score:27.081739011018%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 299.24kcal (14.96%), Fat: 3.44g (5.29%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 43.48g (14.49%), Net Carbohydrates: 34.43g (12.52%), Sugar: 11.78g (13.09%), Cholesterol: 55.57mg (18.52%), Sodium: 1540.72mg (66.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.03g (54.07%), Selenium: 57.04µg (81.49%), Vitamin B6: 1.05mg (52.25%), Vitamin B3: 10.08mg (50.38%), Phosphorus: 496.28mg (49.63%), Vitamin K: 49.71µg (47.34%), Fiber: 9.05g (36.21%), Vitamin D: 5.33µg (35.53%), Vitamin C: 28.19mg (34.16%), Vitamin A: 1549.66IU (30.99%), Potassium: 1073.98mg (30.69%), Magnesium: 93.58mg (23.4%), Manganese: 0.46mg (22.89%), Vitamin B12: 1.25µg (20.79%), Vitamin E: 2.79mg (18.6%), Vitamin B1: 0.2mg (13.03%), Iron: 2.28mg (12.66%), Folate: 48.28µg (12.07%), Copper: 0.23mg (11.71%), Calcium: 113.98mg (11.4%), Zinc: 1.55mg (10.3%), Vitamin B5: 0.89mg (8.87%), Vitamin B2: 0.14mg (8.49%)