



Halibut Tacos with Yogurt-Lime Sauce



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado peeled cut into 16 slices
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups cabbage shredded
- ☐ 0.1 teaspoon chili powder
- ☐ 8 6-inch corn tortillas ()
- ☐ 1 cup yogurt plain fat-free
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.5 pounds pacific halibut filets skinless

- ☐ 0.3 cup juice of lime fresh divided (3 limes)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar

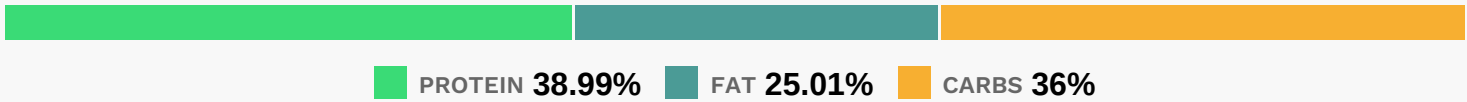
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place fish in a shallow bowl, and cover with 3 tablespoons juice, 1/2 teaspoon salt, and pepper. Cover and refrigerate 20 minutes.
- ☐ Combine remaining 1 tablespoon juice, yogurt, sugar, 1/4 teaspoon salt, and chili powder. Cover and chill.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add fish and marinade to pan. Cover and cook 8 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Cut fish into 8 equal pieces.
- ☐ Warm the corn tortillas according to package directions. Top each tortilla with about 2 ounces fish, 1/4 cup shredded cabbage, 2 tablespoons yogurt mixture, 2 avocado slices, and 1 1/2 teaspoons cilantro.

Nutrition Facts



Properties

Glycemic Index:79.65, Glycemic Load:11.65, Inflammation Score:-7, Nutrition Score:31.266956495202%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 399.95kcal (20%), Fat: 11.31g (17.4%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 36.63g (12.21%), Net Carbohydrates: 28.97g (10.53%), Sugar: 7.88g (8.76%), Cholesterol: 84.57mg (28.19%), Sodium: 633.9mg (27.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.67g (79.34%), Selenium: 83.3µg (119%), Phosphorus: 699.08mg (69.91%), Vitamin B3: 12.93mg (64.63%), Vitamin B6: 1.26mg (63%), Vitamin D: 7.99µg (53.3%), Vitamin K: 40.74µg (38.8%), Potassium: 1321.94mg (37.77%), Vitamin B12: 2.24µg (37.41%), Fiber: 7.66g (30.64%), Vitamin C: 23.19mg (28.11%), Magnesium: 108.76mg (27.19%), Folate: 88.29µg (22.07%), Calcium: 199.77mg (19.98%), Vitamin B2: 0.31mg (18.37%), Vitamin B5: 1.83mg (18.32%), Manganese: 0.34mg (17.19%), Vitamin E: 2.36mg (15.73%), Zinc: 2.29mg (15.3%), Vitamin B1: 0.22mg (14.87%), Copper: 0.24mg (11.98%), Iron: 1.47mg (8.15%), Vitamin A: 321.22IU (6.42%)