



Healthy Fish Tacos with Mango Salsa



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados pitted peeled chopped
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons canola oil
- ☐ 1 teaspoon cider vinegar
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 juice of lime juiced

- ☐ 24 ounce mahi mahi fillets cut into 1-inch slices
- ☐ 1 mangos peeled seeded chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon paprika
- ☐ 1 dash pepper sauce hot to taste
- ☐ 0.5 cup onion diced red
- ☐ 0.5 cup bell pepper diced red
- ☐ 0.5 teaspoon salt
- ☐ 8 taco shells
- ☐ 1 cup tomatoes chopped

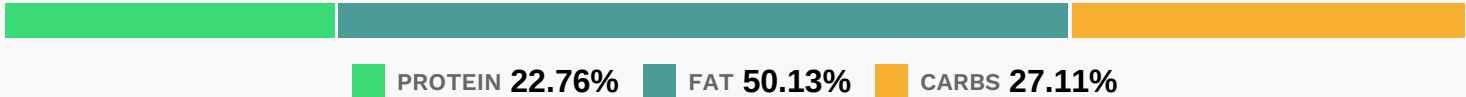
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Stir mango, avocado, tomato, red onion, red pepper, parsley, canola oil, brown sugar, lime juice, cider vinegar, hot pepper sauce, salt, and ground black pepper together in a bowl. Refrigerate salsa for at least 1 hour.
- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Heat taco shells in preheated oven until crisp, about 5 minutes.
- ☐ Season mahi mahi with 1 teaspoon ground black pepper, paprika, and 1/2 teaspoon salt.
- ☐ Heat olive oil in a skillet over medium-high heat. Cook mahi mahi in olive oil until fish flakes easily, about 3 minutes per side.
- ☐ Place mahi mahi slices in taco shells and top with mango salsa.

Nutrition Facts



Properties

Glycemic Index:50.97, Glycemic Load:7.37, Inflammation Score:-8, Nutrition Score:17.627825923588%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg 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: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg 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: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 311.4kcal (15.57%), Fat: 17.83g (27.42%), Saturated Fat: 2.87g (17.96%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 16.3g (5.93%), Sugar: 8.37g (9.3%), Cholesterol: 62.09mg (20.7%), Sodium: 266.69mg (11.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.21g (36.41%), Selenium: 32.11µg (45.87%), Vitamin C: 32.12mg (38.94%), Vitamin K: 36.44µg (34.7%), Vitamin B3: 6.72mg (33.62%), Vitamin B6: 0.59mg (29.42%), Vitamin A: 1166.57IU (23.33%), Potassium: 771.9mg (22.05%), Fiber: 5.4g (21.59%), Phosphorus: 191.74mg (19.17%), Folate: 75.45µg (18.86%), Vitamin E: 2.81mg (18.76%), Magnesium: 58.95mg (14.74%), Vitamin B5: 1.47mg (14.69%), Manganese: 0.27mg (13.41%), Copper: 0.2mg (9.98%), Iron: 1.78mg (9.9%), Vitamin B2: 0.16mg (9.63%), Vitamin B12: 0.51µg (8.5%), Vitamin B1: 0.1mg (6.89%), Zinc: 1.03mg (6.88%), Calcium: 45.14mg (4.51%)