



Hickory-grilled Fish Tacos with Mango-Avocado Relish

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 72 2-inch chile tortillas red
- 6 servings mango-avocado relish
- 2 tablespoons olive oil
- 1 leaves garnishes: onion fresh red thinly sliced
- 0.5 teaspoon pepper freshly ground
- 6 servings alder wood chips
- 0.5 teaspoon salt

2 pounds fish fillets white firm

Equipment

grill

aluminum foil

Directions

Soak hickory chips in water to cover 30 minutes; drain. Wrap chips in heavy-duty aluminum foil; make several holes in foil. Set aside.

Brush fillets with oil; sprinkle with salt and pepper.

Light gas grill; place foil-wrapped chips directly on hot coals on one side. Coat grill rack on opposite side with cooking spray, and place on grill.

Let grill preheat 10 to 15 minutes; turn off burner opposite wood chips. Arrange fillets on rack opposite wood chips, and grill, covered with lid, over medium heat (300 to 350

minutes on each side or until fish flakes with a fork.

Wrap flour tortillas in heavy-duty aluminum foil.

Place on grill during last 5 minutes of cooking time to warm.

Serve immediately with Mango-Avocado Relish; garnish, if desired.

Nutrition Facts


PROTEIN 62.5% **FAT 34.19%** **CARBS 3.31%**

Properties

Glycemic Index:37.51, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:15.324347884759%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 194.86kcal (9.74%), Fat: 7.45g (11.46%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.78g (0.86%), Cholesterol: 75.6mg (25.2%), Sodium: 278.61mg (12.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.64g (61.28%), Selenium: 63.28µg (90.4%), Vitamin B12:

2.39µg (39.82%), Vitamin D: 4.69µg (31.25%), Vitamin B3: 6.08mg (30.42%), Phosphorus: 263.45mg (26.34%),
Vitamin C: 17.72mg (21.47%), Vitamin B6: 0.31mg (15.47%), Potassium: 504.41mg (14.41%), Magnesium: 44.2mg
(11.05%), Folate: 39.83µg (9.96%), Vitamin E: 1.37mg (9.16%), Vitamin B5: 0.77mg (7.71%), Vitamin K: 7.44µg (7.08%),
Copper: 0.13mg (6.65%), Vitamin B2: 0.11mg (6.28%), Iron: 1.03mg (5.73%), Manganese: 0.1mg (5.19%), Vitamin B1:
0.07mg (4.8%), Zinc: 0.54mg (3.58%), Vitamin A: 137.22IU (2.74%), Calcium: 18.02mg (1.8%), Fiber: 0.29g (1.15%)