



## 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 pepper flakes red
- ☐ 6 servings mangos
- ☐ 2 tablespoons olive oil
- ☐ 1 leaves cilantro leaves fresh red thinly sliced
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 6 servings fries
- ☐ 0.5 teaspoon salt

☐ 2 pounds fish fillet white firm

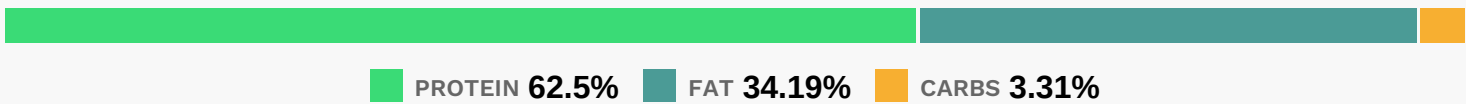
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Soak hickory chips in water to cover at least 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
- ☐ degrees Fahrenheit) 10 to 15 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



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%)