



 **53%**  
HEALTH SCORE

# Loews Grilled-Fish Tacos

 **Gluten Free**  **Dairy Free**

READY IN  
  
**45 min.**

SERVINGS  
  
**6**

CALORIES  
  
**458 kcal**

LUNCH MAIN COURSE MAIN DISH DINNER

## Ingredients

- 12 warm corn tortillas
- 12 dill sprigs
- 2 bay leaves fresh
- 0.3 cup cilantro leaves fresh chopped
- 8 cloves garlic sliced
- 1 cup iceberg lettuce shredded
- 6 servings lime wedges
- 4 teaspoons olive oil

- 2 rockfish whole cleaned
- 0.5 cup roma tomatoes chopped
- 6 servings salt and pepper
- 16 thyme sprigs
- 6 servings tomatillo salsa

## Equipment

- grill
- spatula

## Directions

- Rinse fish and pat dry; stuff cavities with thyme, dill, bay leaves, and garlic. Rub outside of fish with olive oil and sprinkle with salt and pepper.
- Place fish on a grill over a solid bed of medium-hot coals or on a gas grill set at medium-high (you can hold your hand at grill level only 3 to 4 seconds); close lid on gas grill.
- Cook, turning once with a wide spatula, until fish is opaque but still moist-looking in thickest part (cut to test), 18 to 20 minutes total.
- Transfer to a serving platter.
- To assemble each taco, stack 2 tortillas; top with chunks pulled from fish, salsa, lettuce, tomatoes, and cilantro. Squeeze lime over filling, fold tortillas, and eat.

## Nutrition Facts



## Properties

Glycemic Index:45.75, Glycemic Load:10.87, Inflammation Score:-10, Nutrition Score:28.362173971923%

## Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg

0.31mg, Kaempferol: 0.31mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin:  
1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

## Nutrients (% of daily need)

Calories: 458.32kcal (22.92%), Fat: 11.79g (18.14%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 28.59g (9.53%),  
Net Carbohydrates: 24.38g (8.86%), Sugar: 3.28g (3.64%), Cholesterol: 240mg (80%), Sodium: 659.09mg  
(28.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.94g (113.87%), Vitamin B12: 11.46µg (191%),  
Selenium: 113.27µg (161.81%), Phosphorus: 775.32mg (77.53%), Vitamin B6: 1.1mg (54.98%), Magnesium: 167.15mg  
(41.79%), Vitamin B3: 7.33mg (36.66%), Potassium: 1046.26mg (29.89%), Vitamin B1: 0.37mg (24.83%), Vitamin B5:  
2.39mg (23.85%), Iron: 3.98mg (22.11%), Vitamin A: 1039.47IU (20.79%), Manganese: 0.4mg (19.85%), Fiber: 4.22g  
(16.87%), Vitamin C: 12.02mg (14.57%), Zinc: 2.05mg (13.69%), Calcium: 114.8mg (11.48%), Copper: 0.22mg (11.02%),  
Folate: 41.05µg (10.26%), Vitamin B2: 0.16mg (9.13%), Vitamin K: 8.88µg (8.46%), Vitamin E: 0.69mg (4.57%)