



Mahi Mahi Fish Tacos with Chipotle Slaw and Roasted Pineapple Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



906 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ground pepper
- ☐ 3 chipotles in adobo minced
- ☐ 1 bunch cilantro leaves minced thinly sliced for another use and leaves or
- ☐ 4 servings cilantro leaves for garnish
- ☐ 8 flour tortilla
- ☐ 1 teaspoon garlic powder
- ☐ 1 juice of lime
- ☐ 1 pound mahi-mahi

- ☐ 1 cup mayonnaise
- ☐ 2 cups pineapple fresh cored peeled chopped
- ☐ 1 bunch radishes red trimmed sliced thin
- ☐ 0.5 head cabbage red thinly sliced
- ☐ 1 jalapeno fresh red halved lengthwise seeded
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 1 cup cream sour
- ☐ 1 tablespoon paprika sweet
- ☐ 0.5 head cabbage white thinly sliced
- ☐ 0.5 bell pepper yellow halved lengthwise seeded

Equipment

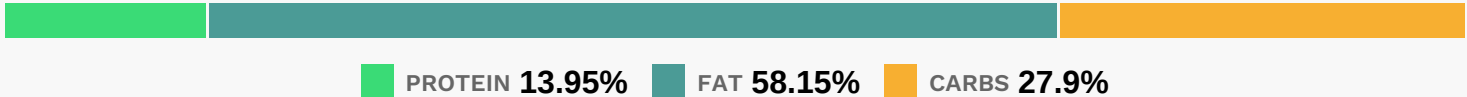
- ☐ bowl
- ☐ whisk
- ☐ blender
- ☐ grill
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ tongs
- ☐ grill pan

Directions

- ☐ In a grill pan over moderately high heat, sear and soften the pineapple, bell pepper, and jalapeño, turning occasionally with tongs.
- ☐ Transfer the pineapple, bell pepper, and jalapeño to a blender and add the lime juice, then purée the mixture. Season the sauce with salt and freshly ground black pepper and keep at room temperature.
- ☐ In a large bowl toss together the cabbages, the radishes, and the cilantro.
- ☐ In a medium bowl whisk together the dressing ingredients and season it with salt and freshly ground black pepper to taste.

- ☐ Prepare a grill for moderately high heat.
- ☐ While the grill is heating, cut the fish crosswise into 1-inch wide strips. In a small bowl whisk together the paprika and the cayenne and sprinkle it evenly all over the strips. Season the strips well with salt and freshly ground black pepper.
- ☐ Divide the tortillas into 2 stacks and wrap each stack in foil. Warm the tortillas on the grill, turning once or twice, until heated through, about 3 minutes.
- ☐ Remove the packets from the grill and keep warm in a kitchen towel.
- ☐ Oil the grill rack, then grill the fish, covered, turning it once, until it is opaque and just cooked through, about 6 minutes total.
- ☐ Transfer the fish to a platter and keep it warm, covered.
- ☐ Drizzle the dressing over the slaw and toss it well. Divide the fish among the warm tortillas and top it with the slaw.
- ☐ Garnish the tacos with the cilantro sprigs and serve them with the pineapple sauce on the side.
- ☐ From Master
- ☐ Chef, (C) © 2013 FOX

Nutrition Facts



Properties

Glycemic Index:110.92, Glycemic Load:19, Inflammation Score:-10, Nutrition Score:41.731304417486%

Flavonoids

Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 7.91mg, Pelargonidin: 7.91mg, Pelargonidin: 7.91mg, Pelargonidin: 7.91mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 905.69kcal (45.28%), Fat: 59.54g (91.59%), Saturated Fat: 14.49g (90.53%), Carbohydrates: 64.26g (21.42%), Net Carbohydrates: 53.32g (19.39%), Sugar: 21.92g (24.36%), Cholesterol: 140.23mg (46.74%), Sodium: 973.14mg (42.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.14g (64.29%), Vitamin K: 233.15µg (222.04%), Vitamin C: 179.24mg (217.27%), Selenium: 59.81µg (85.44%), Manganese: 1.64mg (82.03%), Vitamin A: 3520.81IU (70.42%), Vitamin B3: 11.27mg (56.36%), Vitamin B6: 1.11mg (55.39%), Fiber: 10.94g (43.75%), Phosphorus: 430.85mg (43.08%), Folate: 163.25µg (40.81%), Potassium: 1334.53mg (38.13%), Vitamin B1: 0.57mg (37.85%), Iron: 6.21mg (34.5%), Vitamin B2: 0.55mg (32.37%), Calcium: 285.08mg (28.51%), Magnesium: 104.58mg (26.14%), Vitamin E: 3.34mg (22.26%), Vitamin B5: 1.93mg (19.34%), Copper: 0.32mg (15.8%), Vitamin B12: 0.87µg (14.47%), Zinc: 1.86mg (12.42%)