

Margarita Fish Soft Tacos

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small avocado ripe halved seeded
- 1 teaspoon chili powder
- 8 flour tortillas soft
- 2 cloves garlic finely chopped
- 1 teaspoon ground cumin
- 24 ounce pacific halibut filets
- 1 tablespoon honey generous
- 1 jalapeno seeded chopped

- 1 lemon zest juiced
- 1 lime zest juiced
- 0.5 small cabbage shredded white red
- 1 onion red small to medium chopped
- 4 servings salt and pepper black freshly ground
- 1 tablespoon seafood seasoning (recommended: Old Bay)
- 2 ounces tequila
- 8 tomatillos peeled coarsely chopped
- 3 tablespoons vegetable oil

Equipment

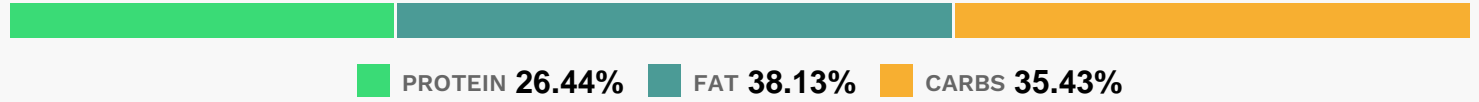
- food processor
- bowl
- frying pan
- grill
- stove

Directions

- Watch how to make this recipe.
- In a small bowl, combine the tequila with the lime zest and juice, 2 tablespoons vegetable oil, seafood seasoning, and chili powder. Coat the fish in the dressing.
- Heat medium skillet with the remaining 1 tablespoon of oil over medium-high heat.
- Add the onions, jalapeno and garlic.
- Saute for a couple of minutes or until the mixture begins to soften, then add the coarsely chopped tomatillos. Season with salt and pepper, to taste, and stir in the cumin. Cook until the tomatillos soften, about 6 to 7 minutes more.
- Remove from the heat and let cool for about 5 minutes. Carefully add the sauce to a food processor with the lemon zest and juice, honey and avocado. Process until it becomes a thick salsa.
- Transfer to a bowl and reserve.

- Heat an outdoor grill or skillet over medium heat and coat with cooking spray.
- Add the fish and cook for 3 to 4 minutes on each side. Char the soft tacos over an open flame on a stove burner or grill to soften and char.
- Serve the fish with tortillas alongside and top the fish with cabbage and salsa as you eat.

Nutrition Facts



Properties

Glycemic Index:98.32, Glycemic Load:14.46, Inflammation Score:-9, Nutrition Score:41.039565003437%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg 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 Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 628.32kcal (31.42%), Fat: 25.77g (39.65%), Saturated Fat: 5.07g (31.71%), Carbohydrates: 53.88g (17.96%), Net Carbohydrates: 43.29g (15.74%), Sugar: 14.15g (15.72%), Cholesterol: 83.35mg (27.78%), Sodium: 589.1mg (25.61%), Alcohol: 4.73g (100%), Alcohol %: 1.15% (100%), Protein: 40.21g (80.41%), Selenium: 92.44µg (132.06%), Vitamin K: 117.99µg (112.37%), Vitamin B3: 16.31mg (81.57%), Vitamin C: 59.3mg (71.88%), Vitamin B6: 1.35mg (67.45%), Phosphorus: 621.9mg (62.19%), Vitamin D: 7.99µg (53.3%), Potassium: 1496.8mg (42.77%), Folate: 170.09µg (42.52%), Fiber: 10.59g (42.36%), Manganese: 0.81mg (40.59%), Vitamin B1: 0.54mg (35.72%), Vitamin B12: 1.87µg (31.18%), Iron: 4.58mg (25.46%), Magnesium: 101.18mg (25.29%), Vitamin E: 3.7mg (24.66%), Vitamin B2: 0.37mg (21.89%), Calcium: 180.02mg (18%), Vitamin B5: 1.78mg (17.75%), Copper: 0.32mg (16.04%), Zinc: 1.75mg (11.66%), Vitamin A: 581.32IU (11.63%)