



Margarita Fish Tacos with Chipotle-Lime Mayo and Arugula



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula trimmed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons chipotle chile canned finely chopped (1 chile)
- ☐ 8 6-inch corn tortillas ()
- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 1 pound pacific halibut filets
- ☐ 1 tablespoon juice of lime fresh

- ☐ 1 tablespoon lime rind grated
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 1 teaspoon olive oil
- ☐ 1.5 tablespoons orange rind grated
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons tequila
- ☐ 2 teaspoons warm water

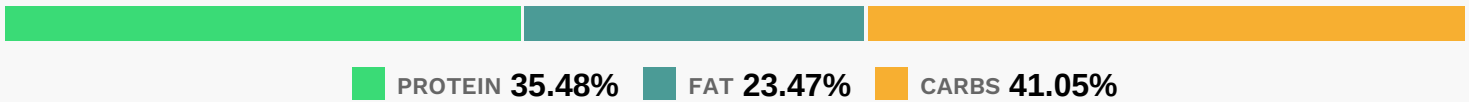
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients in a large zip-top plastic bag.
- ☐ Add halibut to bag; seal and marinate in refrigerator 30 minutes, turning occasionally.
- ☐ Remove halibut from bag; discard marinade. Pat halibut dry; sprinkle with salt and pepper.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add halibut; cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Break fish into chunks.
- ☐ Combine mayonnaise, cilantro, juice, and chipotle.
- ☐ Warm tortillas according to package directions. Divide fish evenly among tortillas; top each tortilla with 1/4 cup arugula and about 2 teaspoons mayonnaise mixture. Fold in half.

Nutrition Facts



Properties

Glycemic Index:78.4, Glycemic Load:11.57, Inflammation Score:-6, Nutrition Score:18.046956580618%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 291.39kcal (14.57%), Fat: 7.19g (11.05%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 24.32g (8.84%), Sugar: 3.37g (3.75%), Cholesterol: 57.81mg (19.27%), Sodium: 364.84mg (15.86%), Alcohol: 2.51g (100%), Alcohol %: 1.5% (100%), Protein: 24.44g (48.88%), Selenium: 55.33µg (79.04%), Phosphorus: 440.01mg (44%), Vitamin B3: 8.23mg (41.13%), Vitamin B6: 0.75mg (37.47%), Vitamin D: 5.33µg (35.53%), Vitamin B12: 1.25µg (20.79%), Vitamin K: 19.57µg (18.63%), Potassium: 644.34mg (18.41%), Magnesium: 69.66mg (17.41%), Fiber: 3.95g (15.81%), Manganese: 0.23mg (11.7%), Vitamin E: 1.35mg (9.01%), Zinc: 1.16mg (7.75%), Vitamin B1: 0.12mg (7.72%), Vitamin C: 6.15mg (7.45%), Calcium: 72.36mg (7.24%), Folate: 27.72µg (6.93%), Vitamin A: 343.72IU (6.87%), Copper: 0.12mg (6.23%), Iron: 1.09mg (6.04%), Vitamin B5: 0.52mg (5.19%), Vitamin B2: 0.08mg (4.73%)