



My-Oh-Mahi! That's a Good Fish Taco

READY IN



35 min.

SERVINGS



4

CALORIES



1003 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans drained canned
- ☐ 0.3 cup canola oil
- ☐ 1 handful cilantro leaves fresh finely chopped
- ☐ 1 cup crème fraîche
- ☐ 8 flour tortillas
- ☐ 1 garlic clove minced grated
- ☐ 1 tablespoon grill seasoning such as mccormick's montreal steak seasoning
- ☐ 1 teaspoon ground cumin
- ☐ 3 tablespoons honey

- ☐ 2 tablespoons hot sauce
- ☐ 1 jalapeno seeded finely chopped
- ☐ 2 limes
- ☐ 4 fillet mahi-mahi
- ☐ 0.5 cup mango chutney
- ☐ 0.5 medium head cabbage shredded red
- ☐ 1 small onion red thinly sliced finely chopped
- ☐ 4 servings salt and pepper
- ☐ 8 corn tortilla taco shells hard (shell)

Equipment

- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ broiler

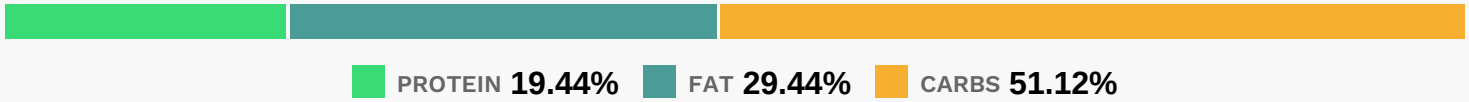
Directions

- ☐ Heat a tablespoon of the oil in a skillet over medium heat and add the jalapeno, finely chopped red onion, and garlic. Cook 3 to 4 minutes, then add the beans and cumin and mash together. Season the beans with salt and pepper and fold in the chutney. Reduce the heat to low to keep warm, stirring now and then to keep them from burning. If the beans dry out before you are ready to use them add a splash of water.
- ☐ Zest one of the limes and set aside.
- ☐ Combine the juice of both limes, the hot sauce, honey, 2 tablespoons of the canola oil, salt, and pepper with the sliced onions, cilantro and shredded cabbage. Toss to combine.
- ☐ Heat an outdoor grill to medium or preheat the broiler. Season the fish with the remaining tablespoon of oil, 2 teaspoons of lime zest and the grill seasoning. Cook the fish on the grill with the lid closed or under the broiler for 8 minutes total, until cooked through, turning once.
- ☐ Crisp the taco shells and blister the tortillas on the grill or in the oven. Glue the softened flour tortillas onto the crisp taco shells with a few spoonfuls of mashed black beans. Fill each tortilla-wrapped taco shell with half a piece of fish, flaked, and top with some cabbage slaw

and creme fraiche.

☐ Serve 2 tortilla-wrapped tacos per person.

Nutrition Facts



Properties

Glycemic Index:95.44, Glycemic Load:45.32, Inflammation Score:-10, Nutrition Score:45.927826508232%

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: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg

Nutrients (% of daily need)

Calories: 1003.43kcal (50.17%), Fat: 33.45g (51.47%), Saturated Fat: 9.32g (58.24%), Carbohydrates: 130.68g (43.56%), Net Carbohydrates: 113.53g (41.28%), Sugar: 44.22g (49.13%), Cholesterol: 158.02mg (52.67%), Sodium: 1452.36mg (63.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.71g (99.42%), Selenium: 84.22µg (120.31%), Vitamin C: 88.44mg (107.21%), Vitamin B3: 15.22mg (76.08%), Phosphorus: 750.13mg (75.01%), Fiber: 17.15g (68.58%), Vitamin K: 67.54µg (64.32%), Vitamin B6: 1.24mg (62.06%), Manganese: 1.18mg (58.86%), Iron: 8.93mg (49.6%), Potassium: 1690.39mg (48.3%), Vitamin B1: 0.65mg (43.56%), Magnesium: 173.53mg (43.38%), Folate: 170.98µg (42.74%), Vitamin B2: 0.68mg (40.28%), Vitamin A: 2005.7IU (40.11%), Calcium: 342.23mg (34.22%), Copper: 0.55mg (27.3%), Vitamin E: 3.25mg (21.65%), Vitamin B5: 2.13mg (21.27%), Zinc: 3mg (20.01%), Vitamin B12: 1.14µg (19.01%)