



WHATSheATE



HEALTH SCORE

52%

Poblano Fish Tacos



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 6-inch corn tortillas warmed ()
- ☐ 0.5 cucumber english coarsely chopped
- ☐ 1 garlic clove minced
- ☐ 1 cup grape tomatoes quartered
- ☐ 1.5 pounds fish fillet white firm
- ☐ 3 tablespoons juice of lime fresh divided
- ☐ 6 servings lime wedges
- ☐ 4 tablespoons olive oil divided

- ☐ 1 large poblano pepper
- ☐ 2 tablespoons onion red chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon seafood seasoning

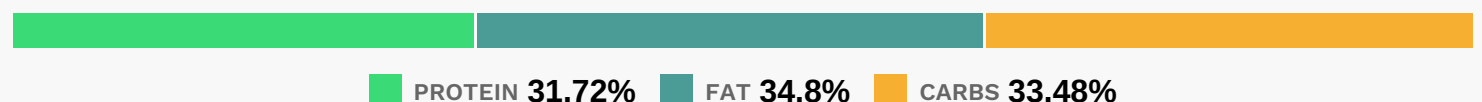
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat. Grill pepper, covered with grill lid, 3 to 4 minutes or until pepper looks blistered, turning once.
- ☐ Place pepper in a large zip-top plastic freezer bag; seal and let stand 10 minutes to loosen skins. Peel pepper; remove and discard seeds. Coarsely chop.
- ☐ Combine pepper, cucumber, next 4 ingredients, 2 Tbsp. lime juice, and 2 Tbsp. olive oil in a bowl.
- ☐ Whisk together seafood seasoning and remaining 1 Tbsp. lime juice, and 2 Tbsp. olive oil in a large shallow dish or zip-top plastic freezer bag; add fish, turning to coat. Cover or seal, and chill 5 minutes, turning once.
- ☐ Remove fish from marinade, discarding marinade.
- ☐ Grill fish, covered with grill lid, 3 to 4 minutes on each side or just until fish begins to flake when poked with the tip of a sharp knife and is opaque in center. Cool 5 minutes. Flake fish into bite-size pieces.
- ☐ Serve fish and salsa in warm tortillas with lime wedges.
- ☐ Note: We tested with Weber Mango Lime Seafood Seasoning.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:10.53, Inflammation Score:-6, Nutrition Score:18.76565199313%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 324.72kcal (16.24%), Fat: 12.93g (19.89%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 27.98g (9.33%), Net Carbohydrates: 23.62g (8.59%), Sugar: 2.49g (2.77%), Cholesterol: 56.7mg (18.9%), Sodium: 279.47mg (12.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.52g (53.04%), Selenium: 50.8µg (72.56%), Phosphorus: 377.59mg (37.76%), Vitamin C: 29.1mg (35.27%), Vitamin B12: 1.79µg (29.86%), Vitamin B3: 5.55mg (27.74%), Vitamin D: 3.52µg (23.44%), Vitamin B6: 0.41mg (20.55%), Magnesium: 79.39mg (19.85%), Vitamin K: 20.73µg (19.75%), Manganese: 0.35mg (17.66%), Fiber: 4.36g (17.46%), Potassium: 603.98mg (17.26%), Vitamin E: 2.21mg (14.76%), Copper: 0.22mg (10.97%), Iron: 1.82mg (10.12%), Folate: 40.42µg (10.11%), Vitamin B1: 0.13mg (8.89%), Zinc: 1.22mg (8.15%), Vitamin B2: 0.13mg (7.64%), Vitamin B5: 0.74mg (7.41%), Calcium: 72.58mg (7.26%), Vitamin A: 357.19IU (7.14%)