



Salmon Avocado Tacos

READY IN



45 min.

SERVINGS



8

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cabbage shredded finely
- ☐ 8 flour tortillas
- ☐ 1 tablespoon garlic minced
- ☐ 2 tablespoons juice of lime
- ☐ 1 tablespoon olive oil
- ☐ 6 oz onion cut into rings
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup queso fresco crumbled
- ☐ 1 fillet boned salmon with skin (1 in. thick, 2 lb.)

- ☐ 8 servings avocado salsa
- ☐ 8 servings salt

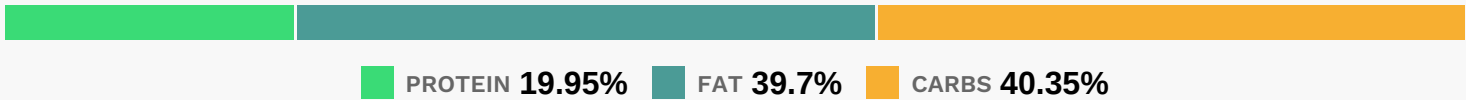
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Place salmon in a heavy-duty plastic food bag.
- ☐ Add onion, lime juice, garlic, pepper, and oil. Seal bag. Turn fish often for 30 minutes.
- ☐ Meanwhile, stack the tortillas and seal in foil.
- ☐ Cut a piece of heavy-duty foil the same size as salmon. Lift fish from marinade and place skin down on foil.
- ☐ Lay foil with fish on a barbecue grill over a solid bed of medium coals or gas grill on medium (you can hold your hand at grill level only 4 to 5 seconds). Evenly distribute onion from marinade over fish. Close lid on grill; open vents for charcoal.
- ☐ After 5 minutes, place tortilla packet next to salmon. Turn tortillas every few minutes. Cook until salmon is no longer translucent but is still moist-looking in center (cut to test) and tortillas are hot in center, about 8 minutes more.
- ☐ Pull off salmon skin and discard.
- ☐ Cut fish into 1-inch chunks and put in a bowl.
- ☐ To assemble tacos, wrap chunks of salmon, salsa, cabbage, and feta in tortillas.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:5.48, Inflammation Score:-5, Nutrition Score:11.232174033704%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 207.79kcal (10.39%), Fat: 9.23g (14.2%), Saturated Fat: 3.32g (20.73%), Carbohydrates: 21.12g (7.04%), Net Carbohydrates: 18.64g (6.78%), Sugar: 4.22g (4.69%), Cholesterol: 22.21mg (7.4%), Sodium: 752.68mg (32.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.44g (20.88%), Selenium: 17.99µg (25.69%), Phosphorus: 186.12mg (18.61%), Vitamin K: 18.24µg (17.37%), Vitamin B3: 3.44mg (17.19%), Vitamin B6: 0.32mg (16.03%), Vitamin B1: 0.24mg (16%), Calcium: 156.26mg (15.63%), Vitamin B12: 0.93µg (15.53%), Manganese: 0.27mg (13.56%), Vitamin B2: 0.22mg (12.73%), Vitamin C: 10.02mg (12.15%), Folate: 47.84µg (11.96%), Fiber: 2.48g (9.91%), Potassium: 313.94mg (8.97%), Iron: 1.59mg (8.83%), Magnesium: 26.11mg (6.53%), Copper: 0.13mg (6.34%), Vitamin A: 304.9IU (6.1%), Vitamin B5: 0.6mg (5.97%), Zinc: 0.84mg (5.57%), Vitamin E: 0.74mg (4.93%), Vitamin D: 0.41µg (2.74%)