



## San Diego-style Blue Corn Salmon Tacos with Orange-Habanero Hot Sauce

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



755 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 servings canola oil
- 1 tablespoon chipotle pepper puree
- 0.3 cup cilantro leaves fresh finely chopped
- 0.3 head cabbage shredded green finely
- 2 green onions thinly sliced
- 1 habanero chile
- 1 tablespoon honey

- 1 tablespoon juice of lime fresh
- 1 cup best-quality mayonnaise
- 6 cups orange juice fresh
- 6 servings salt
- 6 servings salt and pepper black freshly ground
- 3 fillet cold-smoked salmon
- 12 fried corn taco shells blue

## Equipment

- bowl
- sauce pan
- whisk
- grill
- grill pan

## Directions

- Preheat grill or grill pan over high heat.
- Brush salmon with oil and season with salt and pepper. Grill on each side for 3 to 4 minutes.
- Let cool slightly and shred the meat with a fork.
- Place in a bowl with the cabbage and green onions.
- Combine the mayonnaise, chipotle and lime juice in a small bowl and season with salt.
- Add the mayonnaise and the cilantro to the salmon mixture and gently fold to combine. Season with salt to taste, if needed. Divide the salmon mixture among the taco shells and drizzle each with the Orange-Habanero Sauce.
- Place juice and habanero in a medium nonreactive saucepan and cook over high heat until reduced to 1 cup, stirring occasionally.
- Remove the habanero, whisk in the honey and season with salt.
- Let cool to room temperature before serving.

## Nutrition Facts



■ PROTEIN 11.26% ■ FAT 63.05% ■ CARBS 25.69%

## Properties

Glycemic Index:67.88, Glycemic Load:24.71, Inflammation Score:-8, Nutrition Score:29.994347696719%

## Flavonoids

Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 29.86mg, Hesperetin: 29.86mg, Hesperetin: 29.86mg, Hesperetin: 29.86mg Naringenin: 5.32mg, Naringenin: 5.32mg, Naringenin: 5.32mg, Naringenin: 5.32mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

## Nutrients (% of daily need)

Calories: 755.35kcal (37.77%), Fat: 53.21g (81.86%), Saturated Fat: 8.05g (50.3%), Carbohydrates: 48.79g (16.26%), Net Carbohydrates: 44.84g (16.31%), Sugar: 26.74g (29.71%), Cholesterol: 62.43mg (20.81%), Sodium: 558.73mg (24.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.38g (42.75%), Vitamin C: 141.94mg (172.05%), Vitamin K: 112.66µg (107.29%), Selenium: 33.47µg (47.82%), Vitamin B12: 2.75µg (45.8%), Vitamin B6: 0.91mg (45.35%), Vitamin B3: 8.27mg (41.34%), Folate: 134.04µg (33.51%), Vitamin B1: 0.5mg (33.24%), Potassium: 1065.72mg (30.45%), Phosphorus: 288.92mg (28.89%), Vitamin E: 4.05mg (27.02%), Vitamin B2: 0.45mg (26.26%), Vitamin B5: 2.05mg (20.47%), Magnesium: 78.57mg (19.64%), Copper: 0.37mg (18.67%), Fiber: 3.94g (15.78%), Vitamin A: 697.95IU (13.96%), Manganese: 0.28mg (13.86%), Iron: 1.94mg (10.79%), Calcium: 84.28mg (8.43%), Zinc: 1.21mg (8.09%)