



Smoked Fish Tacos with Caribbean Salsa



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 leaves garnishes: cabbage fresh red thinly sliced
- ☐ 72 2-inch chile tortillas red
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 6 servings alderwood chips
- ☐ 6 servings caribbean salsa
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds whitefish fillets firm

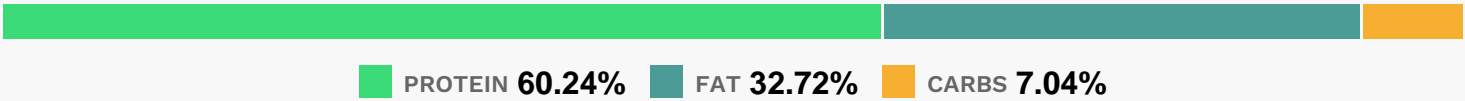
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Soak hickory chips in water to cover at least 30 minutes; drain. Wrap chips in heavy-duty aluminum foil; poke several holes in foil. Set aside.
- ☐ Brush fillets with oil; sprinkle with salt and pepper.
- ☐ Light gas or charcoal grill; place foil-wrapped chips directly on hot coals on 1 side. Coat grill rack on opposite side with cooking spray, and place on grill.
- ☐ Let grill preheat 10 to 15 minutes or until wood chips begin smoking.
- ☐ Grill fillets, covered with lid, over medium heat (325 to 350 degrees F) for 4 to 5 minutes on each side or until fish flakes with a fork.
- ☐ Wrap flour tortillas in heavy-duty aluminum foil.
- ☐ Place on grill during last 5 minutes of cooking time to warm.
- ☐ Serve immediately with Caribbean Salsa.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:30.89, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:16.403913083284%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 203.54kcal (10.18%), Fat: 7.51g (11.55%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.86g (2.07%), Cholesterol: 75.6mg (25.2%), Sodium: 488.47mg (21.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.09g (62.19%), Selenium: 63.56µg (90.8%), Vitamin B12: 0µg (0%)

2.39µg (39.82%), Vitamin B3: 6.43mg (32.17%), Vitamin D: 4.69µg (31.25%), Phosphorus: 273.51mg (27.35%), Vitamin C: 17.98mg (21.79%), Vitamin B6: 0.36mg (18.22%), Potassium: 584.7mg (16.71%), Magnesium: 48.87mg (12.22%), Vitamin E: 1.75mg (11.68%), Folate: 40.65µg (10.16%), Vitamin B5: 0.83mg (8.33%), Vitamin K: 8.35µg (7.95%), Copper: 0.15mg (7.62%), Manganese: 0.14mg (6.94%), Vitamin B2: 0.12mg (6.85%), Iron: 1.16mg (6.46%), Vitamin B1: 0.08mg (5.52%), Vitamin A: 268.92IU (5.38%), Zinc: 0.6mg (4%), Fiber: 0.85g (3.39%), Calcium: 26.82mg (2.68%)