



## Spicy Fish Tacos with Mango Salsa and Guacamole

 Gluten Free  Dairy Free

READY IN



23 min.

SERVINGS



6

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons chili powder
- 4 corn tortillas
- 36 oz sushi-grade yellowtail flounder
- 2 teaspoons ground cumin
- 0.5 teaspoon ground pepper red
- 6 servings guacamole
- 6 servings lettuce shredded chopped

- 1 lime
- 6 servings lime wedges fresh
- 6 servings salsa
- 2 teaspoons salt
- 6 servings vegetable oil
- 1.5 cups cornmeal yellow

## Equipment

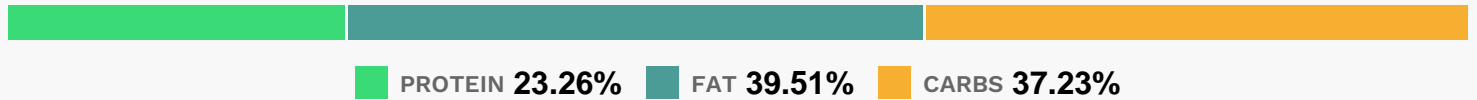
- baking sheet
- paper towels
- oven
- grill
- aluminum foil
- dutch oven

## Directions

- Place fish in a shallow dish. Squeeze juice of 1 lime over fillets.
- Combine chili powder and next 3 ingredients.
- Sprinkle 1 1/2 Tbsp. seasoning mixture evenly over fish, coating both sides of fillets. Reserve remaining seasoning mixture.
- Combine cornmeal and reserved seasoning mixture in a shallow dish. Dredge fish fillets in cornmeal mixture, shaking off excess.
- Pour oil to a depth of 1 1/2 inches in a Dutch oven; heat to 35
- Fry fillets, in batches, 2 to 3 minutes or until golden brown.
- Drain fillets on wire racks over paper towels.
- Break each fillet into chunks, using a fork.
- Place fish in warmed tortillas, and serve with Mango Salsa, Guacamole, and desired toppings.
- Garnish, if desired.

- Baked Flounder Fillets: Omit oil from Spicy Fish Tacos recipe. Assemble as directed. Spray cornmeal-coated fish with vegetable cooking spray.
- Bake at 350 on a lightly greased rack on a baking sheet 12 minutes or until fish flakes with a fork.
- Grilled Flounder Fillets: Omit oil and cornmeal from Spicy Fish Tacos recipe. Assemble as directed. Reduce salt to 1 tsp.
- Sprinkle fish evenly with chili powder, salt, cumin, and red pepper. Lightly grease a large piece of heavy-duty aluminum foil; line cooking grate with foil.
- Place fish on lightly greased side of foil; grill, covered with grill lid, over high heat (400 to 500
- minutes or until fish flakes with a fork, turning once.

## Nutrition Facts



## Properties

Glycemic Index:48.67, Glycemic Load:21.48, Inflammation Score:-8, Nutrition Score:24.743043277575%

## Flavonoids

Hesperetin: 5.23mg, Hesperetin: 5.23mg, Hesperetin: 5.23mg, Hesperetin: 5.23mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

## Nutrients (% of daily need)

Calories: 470.79kcal (23.54%), Fat: 21.03g (32.35%), Saturated Fat: 3.51g (21.92%), Carbohydrates: 44.59g (14.86%), Net Carbohydrates: 36.66g (13.33%), Sugar: 4.18g (4.65%), Cholesterol: 76.54mg (25.51%), Sodium: 1186.37mg (51.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.86g (55.72%), Selenium: 49.71µg (71.02%), Phosphorus: 615.07mg (61.51%), Vitamin K: 52.06µg (49.58%), Vitamin B12: 1.92µg (32.03%), Vitamin D: 4.76µg (31.75%), Fiber: 7.92g (31.69%), Vitamin A: 1532.89IU (30.66%), Vitamin B6: 0.6mg (30.18%), Manganese: 0.56mg (27.89%), Vitamin E: 4.1mg (27.33%), Magnesium: 104.37mg (26.09%), Potassium: 725.14mg (20.72%), Vitamin B3: 3.87mg (19.37%), Iron: 3.21mg (17.84%), Zinc: 2.37mg (15.82%), Vitamin B1: 0.24mg (15.76%), Folate: 52.75µg (13.19%), Copper: 0.24mg (12.09%), Calcium: 96.99mg (9.7%), Vitamin B2: 0.15mg (8.66%), Vitamin C: 6.94mg (8.41%), Vitamin B5: 0.78mg (7.8%)