



## Tacos de Mero: Halibut Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon apple cider vinegar
- 1 avocado
- 1 cup cabbage chopped
- 12 6-inch corn tortillas ()
- 1 cloves garlic chopped
- 2 green onions chopped
- 1 pound pacific halibut filets
- 1 teaspoon habanero sauce green

- 1 teaspoon lemon pepper
- 4 servings lemon pepper seasoning
- 2 cups mayonnaise
- 1 cup cup heavy whipping cream sour

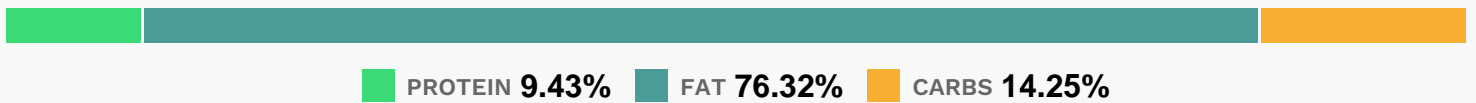
## Equipment

- bowl
- frying pan
- grill
- broiler

## Directions

- Spray a grill or charcoal broiler with pan coating. Season the fillets with lemon pepper and cook for approximately 15 minutes, turning once. Fillets should be white throughout and flaky, but not overcooked.
- Place 1/4 pound halibut over 3 heated tortillas.
- Add 1/4 cup cabbage and top with 2 ounces of creamy avocado sauce. Repeat the process for remainder of ingredients.
- Mix all of the ingredients together in a medium sized bowl.

## Nutrition Facts



## Properties

Glycemic Index:111.38, Glycemic Load:16.31, Inflammation Score:-8, Nutrition Score:31.303043863048%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin:  
0.7mg

## **Nutrients (% of daily need)**

Calories: 1238.76kcal (61.94%), Fat: 106.11g (163.24%), Saturated Fat: 20.68g (129.27%), Carbohydrates: 44.58g (14.86%), Net Carbohydrates: 35.52g (12.92%), Sugar: 4.4g (4.89%), Cholesterol: 136.53mg (45.51%), Sodium: 849.28mg (36.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.49g (58.98%), Vitamin K: 220.86µg (210.35%), Selenium: 61.6µg (88.01%), Phosphorus: 615.38mg (61.54%), Vitamin B6: 1mg (49.83%), Vitamin B3: 9.58mg (47.9%), Vitamin E: 5.92mg (39.45%), Vitamin D: 5.55µg (37.02%), Fiber: 9.06g (36.24%), Potassium: 1038.52mg (29.67%), Magnesium: 108.54mg (27.14%), Vitamin B12: 1.5µg (25.04%), Manganese: 0.48mg (24.22%), Folate: 79.03µg (19.76%), Vitamin C: 15.08mg (18.28%), Vitamin B2: 0.28mg (16.63%), Vitamin B5: 1.61mg (16.15%), Calcium: 159.78mg (15.98%), Copper: 0.29mg (14.68%), Zinc: 2.18mg (14.56%), Vitamin B1: 0.2mg (13.56%), Vitamin A: 673.98IU (13.48%), Iron: 1.95mg (10.83%)