



Tequila-Lime Mahimahi Tacos



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons percent milk
- ☐ 0.5 firm-ripe avocado thinly sliced
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 teaspoon canola oil
- ☐ 8 6-inch corn tortillas (es each)
- ☐ 3 tablespoons cilantro leaves fresh divided roughly chopped
- ☐ 1 teaspoon garlic finely chopped
- ☐ 1 teaspoon ground cumin

- ☐ 2.8 teaspoons honey divided
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 4 tablespoons juice of lime fresh divided
- ☐ 1.5 teaspoons lime zest finely grated
- ☐ 2 limes quartered
- ☐ 0.8 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 lb mahimahi
- ☐ 3 cups cabbage red thinly sliced
- ☐ 3 tablespoons rice wine vinegar
- ☐ 3 tablespoons tequila

Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ cutting board

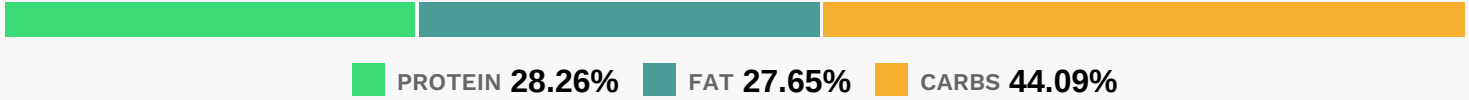
Directions

- ☐ In a resealable plastic bag, combine 3 tablespoons lime juice, tequila, 1 tablespoons cilantro, garlic and cumin.
- ☐ Add fish, seal bag and turn to coat; refrigerate, turning once, 1 hour. In a bowl, combine vinegar, oil, 2 teaspoons honey, 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Add cabbage; toss well. In another bowl, combine sour cream, milk, zest, remaining 1 tbsp juice, remaining 3/4 teaspoon honey and 1/2 teaspoon salt.
- ☐ Heat grill.
- ☐ Remove fish from marinade; season with remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper. Grill, turning once, until just cooked through and lightly charred, 4 minutes per side.
- ☐ Transfer to a cutting board; coarsely chop. Stir remaining 2 tablespoons cilantro into slaw. Grill tortillas, turning once, 30 seconds per side. To assemble, spoon 1 tablespoon sour cream

mixture in center of each tortilla. Divide fish, slaw and avocado among tortillas.

☐ Garnish with lime wedges.

Nutrition Facts



Properties

Glycemic Index:100.69, Glycemic Load:14.39, Inflammation Score:-9, Nutrition Score:24.553043668685%

Flavonoids

Cyanidin: 140.14mg, Cyanidin: 140.14mg, Cyanidin: 140.14mg, Cyanidin: 140.14mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 16.07mg, Hesperetin: 16.07mg, Hesperetin: 16.07mg, Hesperetin: 16.07mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 404.25kcal (20.21%), Fat: 12.07g (18.58%), Saturated Fat: 4.08g (25.5%), Carbohydrates: 43.33g (14.44%), Net Carbohydrates: 35.8g (13.02%), Sugar: 8.66g (9.62%), Cholesterol: 98.77mg (32.92%), Sodium: 1058.79mg (46.03%), Alcohol: 3.76g (100%), Alcohol %: 1.21% (100%), Protein: 27.77g (55.53%), Vitamin C: 55.81mg (67.65%), Selenium: 47.08µg (67.26%), Vitamin B3: 8.59mg (42.93%), Phosphorus: 413.07mg (41.31%), Vitamin B6: 0.82mg (40.94%), Vitamin K: 33.4µg (31.81%), Fiber: 7.53g (30.12%), Potassium: 1032.16mg (29.49%), Magnesium: 100.99mg (25.25%), Vitamin A: 1192.35IU (23.85%), Manganese: 0.47mg (23.43%), Calcium: 188.76mg (18.88%), Iron: 3.25mg (18.08%), Vitamin B2: 0.28mg (16.43%), Vitamin B12: 0.92µg (15.35%), Vitamin B5: 1.5mg (15%), Folate: 50.58µg (12.64%), Zinc: 1.89mg (12.57%), Copper: 0.24mg (11.78%), Vitamin B1: 0.17mg (11.5%), Vitamin E: 1.18mg (7.88%)