



The Ultimate Fish Tacos

READY IN



50 min.

SERVINGS



10

CALORIES



563 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chili powder
- 3 chipotles in adobo
- 1 bunch chives chopped
- 1 bunch cilantro leaves leaves picked
- 3 eggs lightly beaten
- 2 cups flour all-purpose
- 0.5 bunch cilantro leaves fresh chopped
- 0.5 juice of lemon juiced
- 10 servings kosher salt and pepper black freshly ground

- 2 limes
- 3 limes for garnish cut into wedges
- 2 pounds mahi-mahi cleaned cut into 1-ounce strips (skinned, boned and)
- 2 mangoes diced
- 1 cup mayonnaise
- 0.3 cup olive oil extra-virgin
- 2 cups panko bread crumbs
- 4 to 5 radishes diced red
- 1 onion diced red
- 0.5 head savoy cabbage shredded finely
- 1 cup cup heavy whipping cream sour
- 10 servings vegetable oil for frying
- 4 tablespoons water

Equipment

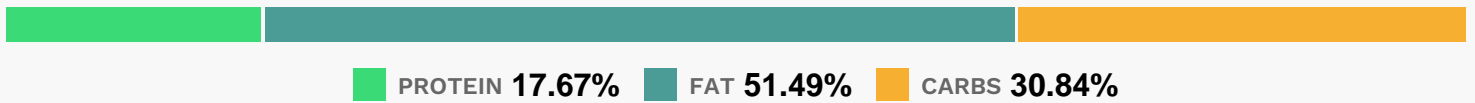
- food processor
- bowl
- paper towels
- blender
- stove

Directions

- Watch how to make this recipe.
- Prepare the fish.
- Cut the pieces of fish into 1-ounce strips. Set up a breading station of flour, lightly beaten eggs with water, and seasoned panko bread crumbs. Season all with salt and pepper. Dredge the pieces of fish in flour, egg then bread crumbs. Once all the fish is breaded deep-fry in small batches in (375 degrees F) oil.
- Drain on paper towels and season with salt. Keep warm until ready to serve.

- Prepare the pink chile mayonnaise.
- Put the chipotles in a blender and puree until smooth.
- Add the sour cream, mayonnaise, adobo sauce and lemon juice and continue to process until the mixture is consistent and creamy. Season with salt and pepper and refrigerate until ready to use.
- Prepare the mango-radish salsa.
- Remove the peel and pith from the limes and cut between the membranes to remove the segments.
- Put these "supremes" into a bowl and squeeze over the juice from the membranes.
- Add the remaining ingredients and mix. Season and refrigerate until ready to use. You can also place all of the ingredients into a food processor and puree for a smoother salsa.
- To serve, set up the tacos "family-style". Assemble the fish in a pile on a plate; the pink chile mayonnaise in a bowl; and mango-radish salsa in another. Set a pile of shredded savoy cabbage, cilantro leaves, chopped chives and lime wedges next to the fish. Toast the corn tortillas lightly over an open flame (on your stove top) and serve.

Nutrition Facts



Properties

Glycemic Index:47.28, Glycemic Load:18.25, Inflammation Score:-9, Nutrition Score:26.108695797298%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 1.02mg, Pelargonidin: 1.02mg, Pelargonidin: 1.02mg, Pelargonidin: 1.02mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 14.62mg, Hesperetin: 14.62mg, Hesperetin: 14.62mg, Hesperetin: 14.62mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 562.66kcal (28.13%), Fat: 32.6g (50.15%), Saturated Fat: 6.96g (43.51%), Carbohydrates: 43.93g (14.64%), Net Carbohydrates: 38.71g (14.08%), Sugar: 9.94g (11.05%), Cholesterol: 138.31mg (46.1%), Sodium: 365.21mg (15.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.17g (50.35%), Vitamin K: 84.71µg (80.68%), Selenium: 51.07µg (72.95%), Vitamin C: 41.17mg (49.9%), Vitamin B3: 8.44mg (42.22%), Folate: 132.51µg (33.13%), Vitamin A: 1643.9IU (32.88%), Vitamin B6: 0.61mg (30.28%), Vitamin B1: 0.4mg (26.97%), Phosphorus: 262.57mg (26.26%), Manganese: 0.46mg (23.02%), Vitamin B2: 0.39mg (22.85%), Iron: 3.85mg (21.39%), Potassium: 732.08mg (20.92%), Fiber: 5.22g (20.9%), Vitamin E: 2.86mg (19.04%), Magnesium: 63.99mg (16%), Vitamin B5: 1.45mg (14.47%), Vitamin B12: 0.78µg (12.98%), Copper: 0.24mg (11.81%), Calcium: 110.6mg (11.06%), Zinc: 1.31mg (8.73%), Vitamin D: 0.31µg (2.06%)