

food
network



HEALTH SCORE

100%

Wet Rub Red Snapper Tacos with Avocado-Papaya Salsa, Sour Cream and Tomatillo Chipotle Salsas



Very Healthy

READY IN



100 min.

SERVINGS



4

CALORIES



788 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons ancho chile powder
- ☐ 2 beefsteak tomatoes diced ripe seeded
- ☐ 2 tablespoons canola oil
- ☐ 3 tablespoons canola oil
- ☐ 2 teaspoons chipotle in adobo puree
- ☐ 4 servings cilantro leaves

- ☐ 4 servings cilantro leaves chopped
- ☐ 2 tablespoons crème fraîche sour
- ☐ 4 servings flour tortillas
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 2 cloves garlic diced finely
- ☐ 2 cloves garlic smashed
- ☐ 4 cloves garlic peeled
- ☐ 2 hass avocados diced pitted ripe peeled
- ☐ 2 teaspoons honey
- ☐ 4 servings honey
- ☐ 1 jalapeño chile diced finely canned you can use more chiles if you want it spicier
- ☐ 2 juice of lime juiced
- ☐ 0.3 cup squeezed lime juice fresh
- ☐ 0.3 cup juice of lime fresh
- ☐ 4 servings lime wedges
- ☐ 0.8 cup squeezed orange juice fresh
- ☐ 1 papaya diced ripe peeled seeded
- ☐ 4 servings cabbage shredded red
- ☐ 0.5 small onion diced red finely
- ☐ 1 large onion red peeled quartered
- ☐ 1.5 pounds snapper fillets red
- ☐ 1 tablespoon red wine vinegar
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 serrano chile diced finely
- ☐ 1 cup spinach leaves
- ☐ 8 tomatillos washed and halved

Equipment

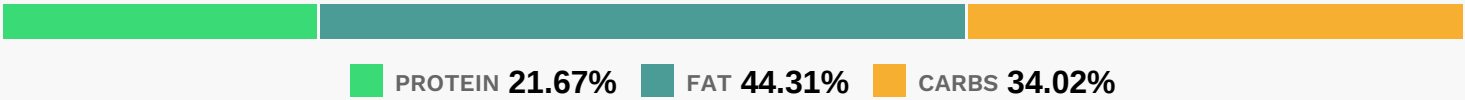
- ☐ food processor

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ grill

Directions

- ☐ Whisk together the juices, oil, ancho powder, garlic and salt and pepper, to taste, in a small bowl and let stand 10 minutes at room temperature.
- ☐ Preheat grill to medium.
- ☐ Brush some of the wet rub on each side of the fillets and season them with salt and pepper. Grill until golden brown and slightly charred on both sides and just cooked through, about 4 minutes per side.
- ☐ Remove from the grill, let rest 5 minutes and flake into large pieces with a fork.
- ☐ Serve wrapped in the tortillas with the cabbage, cilantro, Relish and Salsas.
- ☐ Garnish plates with lime wedges.
- ☐ Combine avocados, papaya, onion, chile, lime juice, oil, honey and salt and pepper, to taste, in a medium serving bowl. Fold in the cilantro until combined and serve at room temperature.
- ☐ Preheat oven to 375 degrees F. In a large bowl, add 3 tablespoons oil, the tomatillos, onion, and garlic and season with salt and pepper. Toss until the tomatillos are well coated.
- ☐ Place in a roasting pan and roast, in the preheated oven, until soft and golden brown, about 20 to 25 minutes.
- ☐ Place the tomatillos, onions, garlic, chipotle, lime juice, and spinach in a food processor and blend until smooth. With the motor running, slowly add the remaining 1/2 cup olive oil and season with honey and salt and pepper, to taste.
- ☐ Remove to a serving bowl and serve at room temperature.
- ☐ In a medium bowl combine the tomatoes, onion, garlic, and chile. In a separate bowl whisk together the vinegar, canola oil, sour cream, and salt and pepper, to taste. Toss the tomato mixture with the dressing.
- ☐ Place in a serving bowl and top with chopped cilantro,;

Nutrition Facts



Properties

Glycemic Index:181.82, Glycemic Load:19.74, Inflammation Score:-10, Nutrition Score:56.509130892546%

Flavonoids

Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 1.07mg, Eriodictyol: 1.07mg, Eriodictyol: 1.07mg, Eriodictyol: 1.07mg Hesperetin: 10.05mg, Hesperetin: 10.05mg, Hesperetin: 10.05mg, Hesperetin: 10.05mg Naringenin: 2.36mg, Naringenin: 2.36mg, Naringenin: 2.36mg, Naringenin: 2.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg

Nutrients (% of daily need)

Calories: 787.57kcal (39.38%), Fat: 40.46g (62.25%), Saturated Fat: 5.8g (36.22%), Carbohydrates: 69.9g (23.3%), Net Carbohydrates: 53.6g (19.49%), Sugar: 31.07g (34.52%), Cholesterol: 66.48mg (22.16%), Sodium: 464.04mg (20.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.53g (89.06%), Vitamin C: 140.34mg (170.1%), Vitamin D: 17.35µg (115.67%), Selenium: 75.67µg (108.09%), Vitamin A: 5324.39IU (106.49%), Vitamin K: 106.52µg (101.45%), Vitamin B12: 5.12µg (85.26%), Vitamin B6: 1.49mg (74.56%), Vitamin E: 10.94mg (72.97%), Potassium: 2385.48mg (68.16%), Fiber: 16.29g (65.18%), Phosphorus: 590.83mg (59.08%), Folate: 222.09µg (55.52%), Manganese: 1.02mg (50.8%), Magnesium: 170.18mg (42.54%), Vitamin B3: 7.29mg (36.47%), Vitamin B5: 3.46mg (34.61%), Vitamin B1: 0.52mg (34.47%), Copper: 0.61mg (30.4%), Iron: 4.77mg (26.52%), Vitamin B2: 0.43mg (25.1%), Calcium: 215.8mg (21.58%), Zinc: 2.47mg (16.49%)