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Avocado Corn Fish Taco ♦♦

Avocado Corn Fish Taco is a delicious and flavorful dish that combines the creaminess of avocado, the sweetness of corn, and the savory flavor of fish. It is a popular Mexican dish that is enjoyed by people of all ages. The fish is marinated in a zesty lime and garlic marinade and then grilled to perfection. The taco is then assembled with a warm tortilla, topped with the grilled fish, avocado slices, corn salsa, and a drizzle of tangy lime crema. It is a perfect dish for a summer barbecue or a casual dinner with friends and family.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g Fish Fillets

2
pieces Lime

2 cloves	garlic
2 pieces	Avocado
1 c	corn
8 pieces	tortillas
4 tbsp	lime crema

Directions

Step 1

Marinating

In a bowl, combine the juice of 1 lime, minced garlic, salt, and pepper. Add the fish fillets and marinate for 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Grilling

Preheat the grill to medium-high heat. Grill the fish fillets for 4-5 minutes per side, or until cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Mixing

In a separate bowl, combine the corn, diced avocado, juice of 1 lime, salt, and pepper to make the corn salsa.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Assembling

Warm the tortillas on the grill or stovetop. Assemble the tacos by placing a grilled fish fillet on each tortilla, topping with the corn salsa, and drizzling with lime crema.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 12 g

Protein: 25 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	7 g	18.42%	28%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Cuisines

Mexican

Events

Picnic

Kitchen Tools

Slow Cooker

Course

Main Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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