

# Blackened Salmon Tacos

Yield: 8 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/blackened-mexican-salmon-recipe>

## Ingredients:

- 1 tablespoon paprika
- 1 teaspoon cayenne
- 1 teaspoon dried thyme
- 1 teaspoon cumin
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1 teaspoon kosher salt
- 28 ounces salmon pin bones removed, skin-on
- 2 tablespoons oil
- 8 corn tortillas
- 2 cups romaine lettuce shredded
- 1 cup diced tomato
- 1/2 cup diced red onion
- 2 tablespoons cilantro minced
- 1/4 cup salsa tomatillo avocado, or sour-cream
- 1 lime cut into small wedges

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 50 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 22 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 430 milligrams
9. Sugar: 2 grams

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