

# Blackened Mahi-Mahi Fish Tacos

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mahi-mahi-fish-recipe-indian-style>

## Ingredients:

- 12 ounces mahi mahi
- fish
- 1 1/2 tablespoons seasoning Blackened, homemade, or store-bought
- 1 tablespoon oil I used canola oil
- 1 tablespoon unsalted butter
- 2 cups red cabbage shredded
- 1/2 cup white onion thinly sliced
- 1/4 cup fresh cilantro chopped
- 1/4 teaspoon salt
- 1/2 lime juiced
- 10 corn tortillas or flour, taco-sized tortillas
- queso fresco crumbled
- jalapeños sliced
- Mexican crema Healthy, Substitute or store-bought Crema,, or sour cream
- avocados sliced
- sauce Creamy Avocado

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 95 milligrams
4. Fat: 16 grams
5. Fiber: 7 grams
6. Protein: 28 grams
7. SaturatedFat: 4 grams
8. Sodium: 410 milligrams
9. Sugar: 7 grams

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