

# Blackened Swordfish Tacos w/ Mango Avocado Salsa

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-fish-salsa-recipe>

## Ingredients:

- 12 ounces swordfish filets cut into strips
- 2 teaspoons cayenne pepper
- 2 tablespoons paprika
- 2 tablespoons cumin
- 2 tablespoons parsley
- 2 tablespoons oregano
- 1 teaspoon black pepper
- 1 teaspoon salt
- 8 corn tortillas
- 2 cups romaine lettuce thinly chopped
- 1 cup salsa Mango Avocado, see post for recipe

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 35 milligrams
4. Fat: 6 grams
5. Fiber: 7 grams
6. Protein: 23 grams
7. SaturatedFat: 1 grams
8. Sodium: 1080 milligrams
9. Sugar: 3 grams

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