



Baja Fish Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups pre cabbage green
- 8 6-inch corn tortillas ()
- 0.5 cup green onions chopped
- 1 tablespoon juice of lime fresh
- 8 lime wedges
- 0.5 cup cup heavy whipping cream sour reduced-fat
- 1 pound mahimahi firm cut into bite-sized pieces
- 1 tablespoon orange juice fresh

- 2 tablespoons taco seasoning
- 1 tablespoon vegetable oil

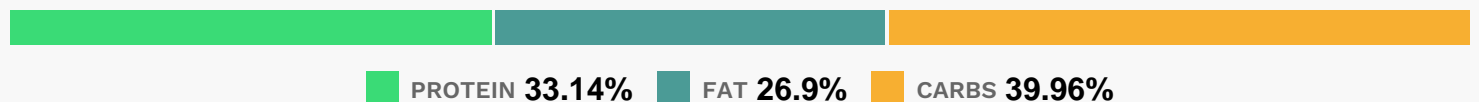
Equipment

- bowl
- frying pan

Directions

- Combine first 3 ingredients in a medium bowl.
- Add fish; toss to coat.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add fish; saut 5 minutes or until fish is done.
- Combine cabbage, onions, and sour cream in a medium bowl.
- Warm tortillas according to package directions. Spoon about 1/4 cup cabbage mixture down center of each tortilla. Divide fish evenly among tortillas; fold in half.
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:52.63, Glycemic Load:11.87, Inflammation Score:-7, Nutrition Score:21.213478088379%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 16.32mg, Hesperetin: 16.32mg, Hesperetin: 16.32mg, Hesperetin: 16.32mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 320.13kcal (16.01%), Fat: 10g (15.38%), Saturated Fat: 3.34g (20.88%), Carbohydrates: 33.42g (11.14%), Net Carbohydrates: 27.68g (10.07%), Sugar: 3.2g (3.55%), Cholesterol: 66.76mg (22.25%), Sodium: 216.22mg (9.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.71g (55.43%), Selenium: 51.8µg (73.99%), Vitamin K: 60.7µg (57.81%), Phosphorus: 397.92mg (39.79%), Vitamin C: 29.71mg (36.01%), Vitamin B12: 1.91µg (31.87%), Vitamin B3: 5.47mg (27.34%), Vitamin D: 3.57µg (23.82%), Fiber: 5.74g (22.97%), Magnesium: 80.56mg (20.14%), Vitamin B6: 0.37mg (18.65%), Potassium: 643.74mg (18.39%), Folate: 60.56µg (15.14%), Manganese: 0.29mg (14.58%), Calcium: 129.87mg (12.99%), Iron: 1.96mg (10.87%), Copper: 0.21mg (10.65%), Vitamin B2: 0.17mg (10.16%), Vitamin B1: 0.15mg (10.04%), Zinc: 1.36mg (9.04%), Vitamin A: 399.9IU (8%), Vitamin E: 1.17mg (7.83%), Vitamin B5: 0.78mg (7.83%)