



Baja Fish Tacos

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup four cheese shredded mexican style kraft finely
- 8 6-inch corn tortillas warmed ()
- 3 Tbsp cilantro leaves fresh divided chopped
- 3 cups coleslaw blend (cabbage slaw mix)
- 3 Tbsp juice of lime fresh divided
- 0.3 cup real mayo mayonnaise kraft
- 1 Tbsp taco bellâ® taco seasoning mix
- 0.5 lb tilapia fillets

Equipment

- frying pan

Directions

- Brush fish evenly with 1 Tbsp. lime juice; sprinkle with taco seasoning mix. Cook in skillet sprayed with cooking spray on medium heat 3 to 3-1/2 min. on each side or until fish flakes easily with fork, drizzling fish with 1 Tbsp. of the remaining lime juice for the last minute. Use fork to flake fish into bite-size pieces.
- Meanwhile, mix mayo, remaining lime juice and 1 Tbsp. cilantro.
- Add to coleslaw blend; mix lightly.
- Top tortillas with coleslaw, fish, cheese and remaining cilantro.

Nutrition Facts



Properties

Glycemic Index:10.18, Glycemic Load:2.19, Inflammation Score:-1, Nutrition Score:3.3556521768155%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 73.92kcal (3.7%), Fat: 4.25g (6.55%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 4.65g (1.69%), Sugar: 0.52g (0.58%), Cholesterol: 10.06mg (3.35%), Sodium: 65.41mg (2.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Vitamin K: 14.49µg (13.8%), Selenium: 6.29µg (8.99%), Phosphorus: 68.73mg (6.87%), Vitamin C: 4.59mg (5.57%), Fiber: 0.95g (3.81%), Vitamin B12: 0.21µg (3.56%), Calcium: 34.38mg (3.44%), Magnesium: 12.81mg (3.2%), Vitamin B3: 0.63mg (3.14%), Vitamin B6: 0.06mg (2.87%), Manganese: 0.06mg (2.81%), Vitamin D: 0.38µg (2.51%), Potassium: 77.31mg (2.21%), Folate: 8.8µg (2.2%), Zinc: 0.3mg (2.03%), Vitamin B2: 0.03mg (1.87%), Vitamin E: 0.24mg (1.6%), Vitamin B1: 0.02mg (1.51%), Iron: 0.27mg (1.47%), Copper: 0.03mg (1.44%), Vitamin A: 58.83IU (1.18%), Vitamin B5: 0.11mg (1.1%)