



## Blackened Tilapia Baja Tacos

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 avocado ripe peeled thinly sliced
- ☐ 1.5 teaspoons brown sugar
- ☐ 1 tablespoon canola oil
- ☐ 8 6-inch corn tortillas ()
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.8 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red

- ☐ 1 jalapeno seeded chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 4 lime wedges
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 teaspoon oregano dried
- ☐ 1.5 teaspoons paprika
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce tilapia fillets
- ☐ 1 cup onion white thinly sliced

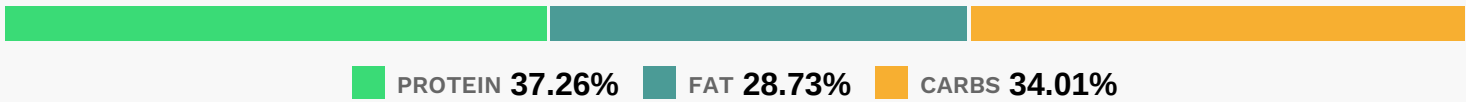
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Combine first 4 ingredients in a food processor; process until smooth.
- ☐ Combine jalapeo sauce and onion in a small bowl.
- ☐ Combine paprika and next 6 ingredients (through ground red pepper); sprinkle evenly over fish.
- ☐ Heat oil in a large cast-iron skillet over medium-high heat.
- ☐ Add fish to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Warm tortillas according to package directions. Divide fish, onion mixture, and avocado evenly among tortillas.
- ☐ Serve with lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:68.88, Glycemic Load:11.61, Inflammation Score:-9, Nutrition Score:24.884347666865%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 8.41mg, Hesperetin: 8.41mg, Hesperetin: 8.41mg, Hesperetin: 8.41mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg

Nutrients (% of daily need)

Calories: 404.02kcal (20.2%), Fat: 13.39g (20.59%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 35.66g (11.89%), Net Carbohydrates: 28.8g (10.47%), Sugar: 4.51g (5.01%), Cholesterol: 90.08mg (30.03%), Sodium: 420.38mg (18.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.06g (78.13%), Selenium: 75.36µg (107.66%), Phosphorus: 499.71mg (49.97%), Vitamin B12: 2.75µg (45.8%), Vitamin B3: 8.13mg (40.67%), Vitamin D: 5.3µg (35.35%), Vitamin B6: 0.57mg (28.29%), Fiber: 6.86g (27.45%), Magnesium: 102.71mg (25.68%), Potassium: 897.15mg (25.63%), Vitamin C: 17.43mg (21.13%), Folate: 78.2µg (19.55%), Manganese: 0.38mg (19.08%), Vitamin E: 2.56mg (17.03%), Copper: 0.3mg (15.21%), Vitamin K: 15.63µg (14.89%), Iron: 2.51mg (13.97%), Vitamin B5: 1.37mg (13.73%), Vitamin B2: 0.22mg (13.16%), Vitamin B1: 0.18mg (11.75%), Vitamin A: 582.75IU (11.65%), Calcium: 113.24mg (11.32%), Zinc: 1.65mg (11.03%)