



Chipotle Fish Tacos

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



15

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado pitted thinly sliced
- ☐ 2 cups cabbage shredded ()
- ☐ 2 tablespoons chipotle mayonnaise prepared
- ☐ 8 corn tortillas warmed
- ☐ 0.5 cup cornmeal fine
- ☐ 1 lime cut into wedges
- ☐ 15 servings salt and pepper
- ☐ 1 teaspoon seafood seasoning (such as Old Bay)

- ☐ 16 oz tilapia fillets sliced lengthwise into 8 1-inch strips
- ☐ 0.3 cup vegetable oil

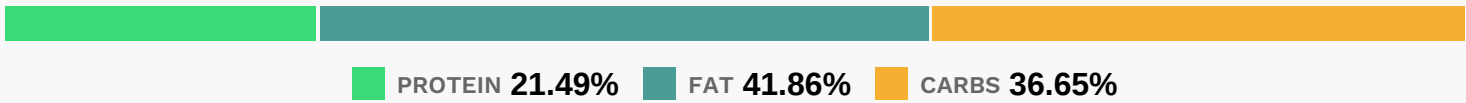
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a medium bowl, stir together cabbage and mayonnaise to combine. Taste and season with salt and pepper.
- ☐ Place cornmeal in a shallow bowl. Season fish with salt and pepper and rub with seafood seasoning. Dredge both sides in cornmeal. Warm oil in a large nonstick skillet over medium-high heat. Working in batches if necessary, place fish in a single layer in skillet. Cook, turning as necessary, until exterior is crisp and browned and center is translucent, 3 to 5 minutes total.
- ☐ Remove to a paper towel-lined plate. Repeat with remaining fish, if necessary.
- ☐ Divide coleslaw, fish and avocado among tortillas.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:5.33, Inflammation Score:-2, Nutrition Score:6.879999925261%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 1.92mg, Hesperetin: 1.92mg, Hesperetin: 1.92mg, Hesperetin: 1.92mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg 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

Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 143.74kcal (7.19%), Fat: 6.94g (10.67%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 13.67g (4.56%), Net Carbohydrates: 10.46g (3.8%), Sugar: 1.49g (1.65%), Cholesterol: 15.12mg (5.04%), Sodium: 220.41mg (9.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.03%), Selenium: 13.91µg (19.88%), Vitamin K: 18.12µg (17.26%), Fiber: 3.21g (12.83%), Phosphorus: 117.3mg (11.73%), Vitamin B3: 1.79mg (8.94%), Vitamin B6: 0.16mg (8.02%), Vitamin B12: 0.48µg (7.96%), Vitamin C: 6.07mg (7.36%), Magnesium: 29.4mg (7.35%), Manganese: 0.13mg (6.72%), Potassium: 220.55mg (6.3%), Folate: 25.16µg (6.29%), Vitamin D: 0.94µg (6.25%), Vitamin E: 0.78mg (5.2%), Copper: 0.09mg (4.41%), Vitamin B5: 0.41mg (4.1%), Vitamin B1: 0.06mg (3.85%), Iron: 0.69mg (3.85%), Zinc: 0.56mg (3.72%), Vitamin B2: 0.06mg (3.25%), Calcium: 22.84mg (2.28%)