



 **32%**
HEALTH SCORE

Cilantro Lime Fish Tacos

READY IN



45 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 packets veggie broth swanson®
- 8 6-inch flour tortilla fresh warmed crisp ()
- 1 tablespoon cilantro leaves fresh chopped
- 1 cup lettuce shredded
- 2 tablespoons juice of lime
- 4 servings olive oil
- 2 tablespoons onion diced red
- 0.3 cup salsa pace®
- 0.3 cup cream sour

1 pound tilapia fresh frozen thawed

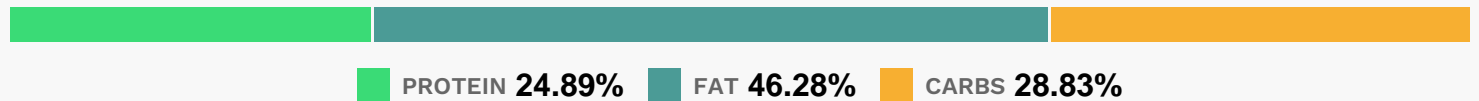
Equipment

frying pan

Directions

- Heat the oil in a 12-inch skillet over medium-high heat.
- Add the fish and cook for 8 minutes or until it flakes easily when tested with a fork, turning over once halfway through the cooking time.
- Add the concentrated broth, lime juice and cilantro to the skillet. Break the fish into large pieces with a spoon, stirring to coat with the broth mixture. Divide the fish mixture among the tortillas. Top with the lettuce, onion, sour cream and salsa. Fold the tortillas around the filling.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:9.57, Inflammation Score:-6, Nutrition Score:19.363913043478%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 455.84kcal (22.79%), Fat: 23.58g (36.27%), Saturated Fat: 5.81g (36.3%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 30.32g (11.02%), Sugar: 4.03g (4.48%), Cholesterol: 65.18mg (21.73%), Sodium: 616.1mg (26.79%), Protein: 28.53g (57.05%), Selenium: 61.51µg (87.87%), Vitamin B3: 7.31mg (36.56%), Phosphorus: 338.65mg (33.86%), Vitamin B12: 1.82µg (30.36%), Vitamin B1: 0.37mg (24.57%), Vitamin D: 3.52µg (23.44%), Folate: 92.11µg (23.03%), Manganese: 0.39mg (19.45%), Vitamin K: 19.95µg (19%), Vitamin E: 2.77mg (18.5%), Iron: 3.06mg (17.01%), Vitamin B2: 0.28mg (16.3%), Potassium: 519.47mg (14.84%), Vitamin B6: 0.27mg (13.51%), Magnesium: 50.08mg (12.52%), Calcium: 123.66mg (12.37%), Fiber: 2.73g (10.91%), Copper: 0.17mg (8.46%), Vitamin

B5: 0.76mg (7.64%), Zinc: 0.81mg (5.43%), Vitamin A: 269.58IU (5.39%), Vitamin C: 3.59mg (4.35%)