



## Crunchy Fish Tacos

READY IN



30 min.

SERVINGS



4

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4.6 oz taco shells (12 Count)
- 6.3 oz taco seasoning
- 1 lb tilapia
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- 1 cup pico de gallo
- 0.5 cup cream sour

### Equipment

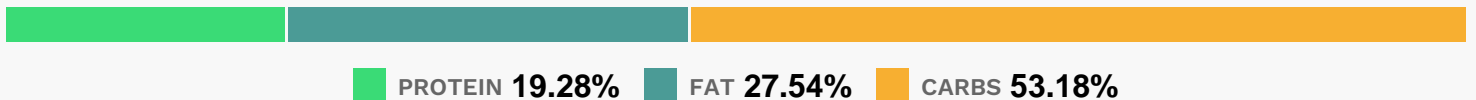
- baking sheet

- oven
- aluminum foil
- ziploc bags
- rolling pin

## Directions

- Heat oven to 425°F. Line cookie sheet with foil.
- Place taco shells in 1-gallon resealable food-storage plastic bag. Seal bag; crush shells with rolling pin.
- Add taco seasoning mix; shake until well mixed.
- Cut tilapia fillets into 3x1-inch pieces.
- Add fillet pieces to bag, pressing crumbs onto pieces to coat.
- Place on cookie sheet.
- Bake 15 minutes, turning halfway through bake time.
- Place 2 pieces on each tortilla.
- Add toppings.
- Roll up tortillas.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:21.66, Inflammation Score:-10, Nutrition Score:27.42173930873%

## Nutrients (% of daily need)

Calories: 608.44kcal (30.42%), Fat: 19.26g (29.62%), Saturated Fat: 7.58g (47.37%), Carbohydrates: 83.65g (27.88%), Net Carbohydrates: 71.1g (25.86%), Sugar: 17.25g (19.16%), Cholesterol: 73.66mg (24.55%), Sodium: 4573.71mg (198.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.33g (60.65%), Vitamin A: 4606.12IU (92.12%), Selenium: 62.99µg (89.98%), Fiber: 12.55g (50.18%), Phosphorus: 410.31mg (41.03%), Vitamin B3: 7.63mg (38.16%), Iron: 6.29mg (34.94%), Vitamin B12: 1.85µg (30.87%), Vitamin C: 23.42mg (28.39%), Vitamin B1: 0.41mg (27.67%), Folate: 106.07µg (26.52%), Manganese: 0.52mg (25.9%), Vitamin D: 3.52µg (23.44%), Magnesium: 73.34mg (18.33%), Vitamin B2: 0.31mg (18.22%), Calcium: 157.83mg (15.78%), Potassium: 526.36mg (15.04%),

Vitamin B6: 0.3mg (14.8%), Copper: 0.19mg (9.38%), Zinc: 1.3mg (8.68%), Vitamin K: 9.01µg (8.58%), Vitamin B5: 0.74mg (7.44%), Vitamin E: 0.79mg (5.25%)