

Easy Fish Tacos



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



6

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 cups coleslaw mix (from 16-oz bag)
- 10 oz fish fillet (6 fillets)
- 0.5 cup salad dressing
- 1 oz taco seasoning old el paso® (any variety)
- 4.6 oz taco shells old el paso® (12 shells)

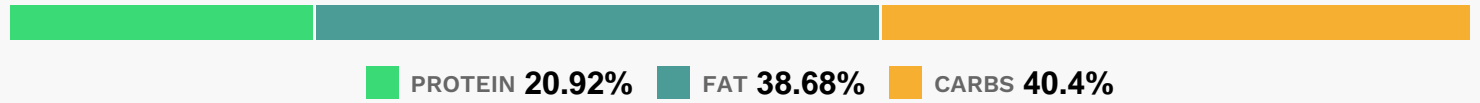
Equipment

- bowl
- oven

Directions

- Bake fish fillets as directed on package.
- Cut each fillet into bite-size pieces.
- Heat taco shells in oven as directed on box.
- In medium bowl, mix mayonnaise and seasoning mix; stir in coleslaw mix.
- Let stand 5 minutes. Fill shells with fish pieces and coleslaw mixture; top with taco sauce.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:9.41, Inflammation Score:-6, Nutrition Score:13.238695580026%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 222.2kcal (11.11%), Fat: 9.74g (14.99%), Saturated Fat: 2.42g (15.13%), Carbohydrates: 22.89g (7.63%), Net Carbohydrates: 18.8g (6.83%), Sugar: 5.57g (6.19%), Cholesterol: 23.62mg (7.87%), Sodium: 683.26mg (29.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.86g (23.71%), Vitamin K: 66.7µg (63.52%), Vitamin C: 27.82mg (33.73%), Selenium: 21.4µg (30.56%), Fiber: 4.09g (16.38%), Phosphorus: 152.1mg (15.21%), Folate: 56.44µg (14.11%), Manganese: 0.26mg (12.97%), Vitamin B12: 0.75µg (12.44%), Vitamin B3: 2.44mg (12.2%), Vitamin B6: 0.22mg (11%), Vitamin A: 522.59IU (10.45%), Magnesium: 40.18mg (10.04%), Vitamin D: 1.46µg (9.76%), Potassium: 328.35mg (9.38%), Vitamin B1: 0.11mg (7.53%), Iron: 1.32mg (7.33%), Vitamin E: 0.87mg (5.82%), Calcium: 57.01mg (5.7%), Vitamin B2: 0.08mg (4.42%), Zinc: 0.65mg (4.3%), Copper: 0.08mg (3.85%), Vitamin B5: 0.38mg (3.79%)