



Fish finger tacos



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

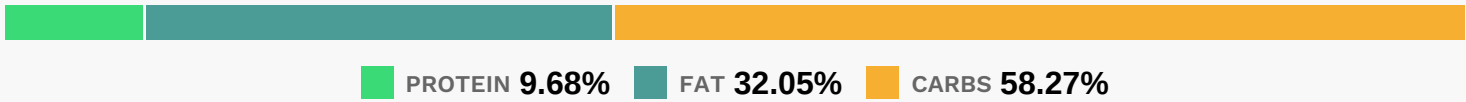
- ☐ 20 fish fillet
- ☐ 10 taco shells
- ☐ 300 g coleslaw mix
- ☐ 1 fennel bulb finely sliced quartered
- ☐ 1 lemon zest

Equipment

Directions

- ☐
- Cook the fish fingers and warm the tacos following pack instructions. Meanwhile, mix the coleslaw with the fennel, lemon zest and juice, and some black pepper.
- ☐
- Divide the coleslaw and fish fingers between the warm tacos, sprinkle over the extra lemon zest and serve immediately with the lemon wedges.

Nutrition Facts



Properties

Glycemic Index:15.7, Glycemic Load:5.51, Inflammation Score:-2, Nutrition Score:5.3591304823108%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 74.08kcal (3.7%), Fat: 2.73g (4.2%), Saturated Fat: 0.9g (5.59%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 8.82g (3.21%), Sugar: 2.08g (2.32%), Cholesterol: 1mg (0.33%), Sodium: 57.52mg (2.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.71%), Vitamin K: 38.56µg (36.72%), Vitamin C: 14.56mg (17.65%), Fiber: 2.34g (9.37%), Manganese: 0.16mg (8.09%), Folate: 28.06µg (7.01%), Potassium: 182.6mg (5.22%), Phosphorus: 50.93mg (5.09%), Magnesium: 18.17mg (4.54%), Vitamin B6: 0.08mg (3.84%), Calcium: 36.47mg (3.65%), Vitamin B1: 0.05mg (3.18%), Iron: 0.52mg (2.91%), Vitamin B3: 0.52mg (2.62%), Selenium: 1.67µg (2.39%), Zinc: 0.3mg (2.01%), Copper: 0.04mg (1.84%), Vitamin E: 0.27mg (1.82%), Vitamin B2: 0.03mg (1.81%), Vitamin B5: 0.13mg (1.3%), Vitamin A: 63.1IU (1.26%)