



Fish Market Tostadas

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 6-inch corn tortillas ()
- ☐ 0.3 cup cilantro leaves fresh divided minced
- ☐ 1 clove garlic minced
- ☐ 1.3 cups salsa green
- ☐ 1 pound grouper fillets
- ☐ 3 cups lettuce shredded
- ☐ 0.5 cup no-salt-added chicken broth undiluted canned
- ☐ 3 ounces monterrey jack cheese shredded reduced-fat

- ☐ 0.3 cup nonfat cream sour
- ☐ 0.5 cup onion chopped
- ☐ 0.8 pound round potatoes red cut into 1/2-inch cubes
- ☐ 2 medium tomatoes seeded chopped
- ☐ 2 cups water

Equipment

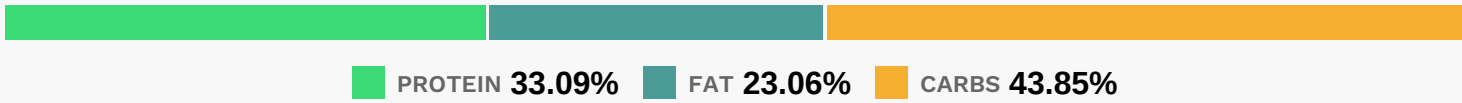
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Combine onion and 2 tablespoons cilantro; set aside.
- ☐ Combine salsa, broth, garlic, and 2 tablespoons cilantro in container of an electric blender; cover and process until smooth.
- ☐ Transfer mixture to a saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes or until slightly thickened, stirring occasionally.
- ☐ Remove from heat, and set aside.
- ☐ Place water in a saucepan; bring to a boil.
- ☐ Place fish in boiling water; cover, reduce heat, and simmer 8 minutes or until fish flakes easily when tested with a fork.
- ☐ Remove fish with a slotted spoon; remove and discard skin.
- ☐ Add potato to water in saucepan; cook 5 minutes or until tender.
- ☐ Drain well. Flake fish with a fork.
- ☐ Combine fish, potato, and 1/2 cup salsa mixture; stir well.
- ☐ Place tortillas on ungreased baking sheets.
- ☐ Bake at 350 for 15 to 20 minutes or until crisp.

- ☐
- Place 1 tortilla on each serving plate. Top tortillas evenly with shredded lettuce, fish mixture, tomato, cheese, sour cream, and reserved onion mixture.
- ☐
- Sprinkle evenly with remaining 2 tablespoons cilantro, and serve with remaining salsa mixture.

Nutrition Facts



Properties

Glycemic Index:39.42, Glycemic Load:6, Inflammation Score:-8, Nutrition Score:14.954347768556%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 269.81kcal (13.49%), Fat: 6.89g (10.6%), Saturated Fat: 3.08g (19.25%), Carbohydrates: 29.48g (9.83%), Net Carbohydrates: 25.7g (9.35%), Sugar: 6.4g (7.11%), Cholesterol: 41.45mg (13.82%), Sodium: 515.48mg (22.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.25g (44.49%), Selenium: 32.21µg (46.01%), Phosphorus: 338.63mg (33.86%), Potassium: 980.69mg (28.02%), Vitamin B6: 0.47mg (23.32%), Vitamin A: 1107.86IU (22.16%), Calcium: 183.02mg (18.3%), Vitamin C: 14.61mg (17.71%), Magnesium: 69.06mg (17.27%), Vitamin K: 16.04µg (15.28%), Fiber: 3.78g (15.13%), Manganese: 0.3mg (14.85%), Vitamin B1: 0.17mg (11.12%), Folate: 41.47µg (10.37%), Vitamin B12: 0.62µg (10.33%), Iron: 1.86mg (10.31%), Zinc: 1.55mg (10.31%), Copper: 0.2mg (10.06%), Vitamin B3: 1.88mg (9.41%), Vitamin B5: 0.88mg (8.76%), Vitamin B2: 0.14mg (7.99%), Vitamin E: 0.42mg (2.81%)