



## Fish Stick Tacos

 **Gluten Free**  **Dairy Free**

READY IN



21 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon chipotle chili canned seeded chopped ( in adobo sauce)
- 0.5 teaspoon chili powder
- 5 cups coleslaw mix (cabbage and carrots)
- 8 6-inch corn tortillas
- 11 oz breaded fish sticks frozen
- 2 tablespoons juice of lime
- 0.3 cup mayonnaise reduced-fat
- 1 cup tomato salsa

4 servings salt

## Equipment

bowl

baking sheet

oven

aluminum foil

microwave

kitchen towels

## Directions

Preheat oven to 475F. Line a baking sheet with foil. Stack tortillas in a microwave-safe dish. Lightly dampen a clean kitchen towel; wring out any excess water. Cover tortillas with towel and microwave at 50 percent until warmed, 2 to 3 minutes. Keep covered until ready to use.

Arrange fish sticks on baking sheet and sprinkle with chili powder.

Bake until fish sticks are crispy, 11 to 13 minutes.

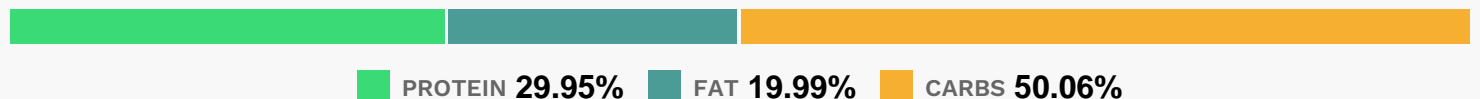
While fish sticks are baking, stir together mayonnaise, chipotle, lime juice and coleslaw mix in a medium bowl. Season with salt.

Place a tortilla on a work surface and top with a bit of slaw mixture.

Add 2 fish sticks and top with a spoonful of salsa. Fold up taco. Repeat with remaining tortillas, slaw mixture, fish sticks and salsa.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:23.63, Glycemic Load:11.33, Inflammation Score:-7, Nutrition Score:20.855652332306%

## 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: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 265.04kcal (13.25%), Fat: 6.17g (9.49%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 34.75g (11.58%), Net Carbohydrates: 27.97g (10.17%), Sugar: 6.4g (7.11%), Cholesterol: 41.22mg (13.74%), Sodium: 819.91mg (35.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.79g (41.58%), Vitamin K: 78.15µg (74.43%), Selenium: 37.03µg (52.9%), Vitamin C: 35.51mg (43.04%), Phosphorus: 343.26mg (34.33%), Fiber: 6.78g (27.13%), Vitamin B3: 4.8mg (23.98%), Vitamin B6: 0.47mg (23.57%), Manganese: 0.42mg (20.94%), Vitamin B12: 1.23µg (20.53%), Magnesium: 80mg (20%), Potassium: 666.64mg (19.05%), Vitamin D: 2.42µg (16.11%), Folate: 62.92µg (15.73%), Vitamin E: 1.8mg (12%), Vitamin B1: 0.16mg (10.71%), Calcium: 105.95mg (10.6%), Copper: 0.2mg (10.24%), Iron: 1.84mg (10.22%), Vitamin A: 486.48IU (9.73%), Vitamin B2: 0.14mg (8.36%), Zinc: 1.25mg (8.35%), Vitamin B5: 0.77mg (7.73%)