



 **100%**
HEALTH SCORE

Fish Stick Tacos

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



18 min.

SERVINGS



4

CALORIES



2637 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon chili powder
- 0.3 teaspoon chipotles in adobo canned seeded chopped
- 5 cups coleslaw mix (cabbage and carrots)
- 40 2-inch corn tortillas warmed
- 11 oz fish fillet frozen
- 2 tablespoons juice of lime
- 0.3 cup mayonnaise reduced-fat
- 1 cup salsa

4 servings salt

Equipment

bowl

baking sheet

oven

aluminum foil

Directions

Preheat oven to 475F. Line a baking sheet with foil. Arrange fish sticks on baking sheet and sprinkle with chili powder.

Bake until crispy, 11 to 13 minutes.

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

Place some slaw on top of each tortilla, top with 2 fish sticks and a spoonful of salsa, fold up and serve.

Nutrition Facts



PROTEIN 12.06% **FAT 12.19%** **CARBS 75.75%**

Properties

Glycemic Index:23.63, Glycemic Load:221.76, Inflammation Score:-10, Nutrition Score:66.456956780475%

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: 2636.88kcal (131.84%), Fat: 37.18g (57.19%), Saturated Fat: 6.15g (38.46%), Carbohydrates: 520g (173.33%), Net Carbohydrates: 444.67g (161.7%), Sugar: 15.97g (17.75%), Cholesterol: 41.22mg (13.74%), Sodium: 1309.51mg (56.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 82.81g (165.62%), Phosphorus: 3759.58mg

(375.96%), Fiber: 75.33g (301.3%), Magnesium: 863.36mg (215.84%), Manganese: 3.97mg (198.29%), Selenium: 103.4µg (147.71%), Vitamin B6: 2.85mg (142.71%), Vitamin B3: 21.12mg (105.58%), Zinc: 15.51mg (103.37%), Calcium: 987.23mg (98.72%), Copper: 1.88mg (94.01%), Iron: 15.22mg (84.56%), Vitamin B1: 1.18mg (78.89%), Potassium: 2690.32mg (76.87%), Vitamin K: 78.15µg (74.43%), Vitamin B2: 0.85mg (49.96%), Vitamin C: 35.51mg (43.04%), Vitamin E: 4.85mg (32.31%), Folate: 117.32µg (29.33%), Vitamin B12: 1.23µg (20.53%), Vitamin B5: 1.96mg (19.59%), Vitamin D: 2.42µg (16.11%), Vitamin A: 508.24IU (10.16%)