



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

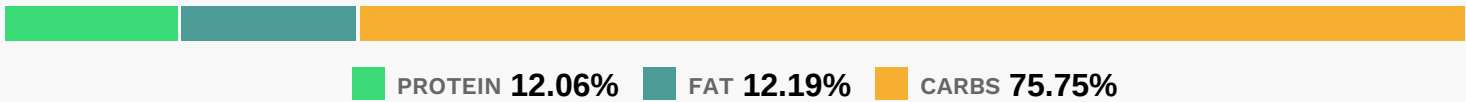
Equipment

- ☐ 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



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: Og (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%)