



Fish Taco Salad

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

READY IN



20 min.

SERVINGS



4

CALORIES



429 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 celery stalks frozen
- 20 inch purchased corn tostada shells
- 2 cups lettuce shredded
- 2 cups coleslaw mix (from 16-oz. pkg.)
- 1 medium tomatoes chopped
- 11 oz corn sweet whole drained canned
- 0.8 cup mayonnaise
- 0.3 cup salsa thick

2 tablespoons cilantro leaves fresh chopped

Equipment

bowl

Directions

Heat fish sticks and tostada shells as directed on packages.

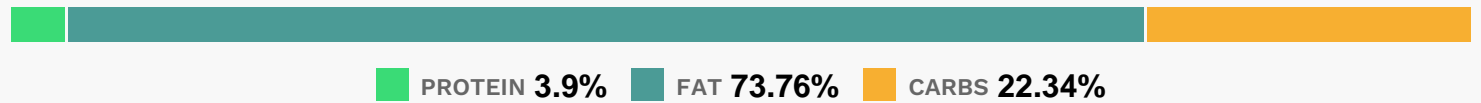
Meanwhile, in large bowl, combine all remaining salad ingredients. In small bowl, combine all dressing ingredients; mix well.

Add to salad; toss to coat.

Cut each warm fish stick into 3 or 4 pieces; add to salad and toss gently.

Place 1 warm tostada shell on each individual plate. Spoon salad onto each shell. If desired, top with additional salsa and cilantro.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:1.2, Inflammation Score:-6, Nutrition Score:11.814347894295%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 429.25kcal (21.46%), Fat: 35.7g (54.92%), Saturated Fat: 6.01g (37.57%), Carbohydrates: 24.33g (8.11%), Net Carbohydrates: 21.42g (7.79%), Sugar: 3.66g (4.07%), Cholesterol: 17.64mg (5.88%), Sodium: 604.95mg (26.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.49%), Vitamin K: 110.98µg (105.7%), Vitamin C: 20.09mg (24.35%), Folate: 59.91µg (14.98%), Manganese: 0.26mg (13.02%), Vitamin A: 643.84IU (12.88%), Vitamin E: 1.9mg (12.64%), Fiber: 2.9g (11.61%), Potassium: 386.24mg (11.04%), Phosphorus: 98.42mg (9.84%), Vitamin B6: 0.17mg (8.52%), Magnesium: 32.56mg (8.14%), Vitamin B1: 0.12mg (7.77%), Vitamin B3: 1.34mg (6.68%), Iron: 0.94mg (5.25%), Copper: 0.1mg (5%), Calcium: 47.61mg (4.76%), Zinc: 0.66mg (4.37%), Vitamin B2: 0.07mg

(4.28%), Vitamin B5: 0.29mg (2.94%), Selenium: 1.58µg (2.26%)