



Fish Taco Torta Sliders

READY IN



50 min.

SERVINGS



8

CALORIES



390 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 serving vegetable oil for frying
- ☐ 1 lb tilapia (4 fillets)
- ☐ 12 oz seltzer water canned
- ☐ 1.3 cups flour all-purpose
- ☐ 6.3 oz taco seasoning
- ☐ 8 hawaiian rolls split mini
- ☐ 2 cups cabbage shredded green
- ☐ 1 cup crema mexicana sour
- ☐ 0.5 cup salsa thick

☐ 16 oz refried beans traditional canned

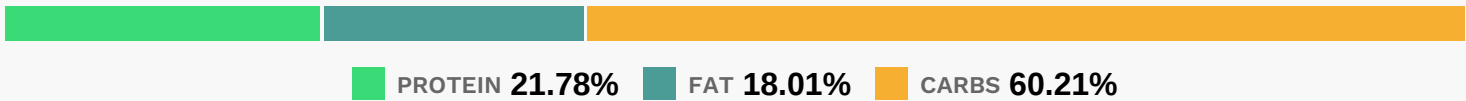
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ In deep fat fryer or 4-quart Dutch oven, heat 1 1/2 inches oil to 350°F.
- ☐ Cut each tilapia fillet into 8 rectangular pieces, approximately 4x1-inch each.
- ☐ In large bowl, mix club soda, flour and taco seasoning mix. Dip tilapia pieces into batter, and carefully transfer to hot oil 6 pieces at a time. Fry about 4 minutes, turning once, until golden brown (tail sections may cook more quickly).
- ☐ Remove with slotted spoon; drain on paper towels.
- ☐ In large bowl, mix cabbage, sour cream and salsa.
- ☐ Spread inside tops and bottoms of buns with refried beans. Fill each bun with 3 or 4 pieces fried tilapia and cabbage mixture.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:25.38, Inflammation Score:-9, Nutrition Score:18.73173935517%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 389.81kcal (19.49%), Fat: 7.85g (12.07%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 59.01g (19.67%), Net Carbohydrates: 50.43g (18.34%), Sugar: 10.86g (12.06%), Cholesterol: 43.98mg (14.66%), Sodium: 2595.73mg (112.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.35g (42.7%), Selenium: 42.22µg (60.31%), Vitamin A: 2353.1IU (47.06%), Fiber: 8.58g (34.31%), Vitamin B1: 0.43mg (28.43%), Iron: 4.86mg (26.99%), Vitamin B3: 5.39mg (26.93%), Folate: 97.94µg (24.49%), Manganese: 0.44mg (21.94%), Vitamin C: 17.24mg (20.9%), Phosphorus: 170.66mg (17.07%), Vitamin K: 17.54µg (16.71%), Vitamin B12: 0.98µg (16.36%), Vitamin B2: 0.27mg (16.01%), Calcium: 150.11mg (15.01%), Vitamin D: 1.76µg (11.72%), Potassium: 317.11mg (9.06%), Vitamin B6: 0.18mg (8.89%), Magnesium: 34.46mg (8.61%), Copper: 0.13mg (6.7%), Zinc: 0.74mg (4.96%), Vitamin B5: 0.43mg (4.32%), Vitamin E: 0.61mg (4.05%)