



Fish Tacos

 Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.6 ounce gorton's extra crunchy fish tenders
- 3 8-inch flour tortillas
- 1 small onion red thinly sliced
- 1.5 cups romaine lettuce shredded
- 10 ounce tartar sauce

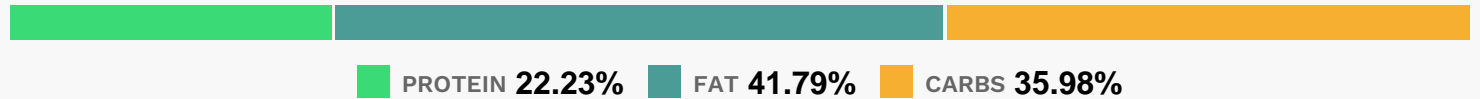
Equipment

- oven
- aluminum foil

Directions

- Bake the fish according to the package directions. Wrap the stack of tortillas in foil and place in the oven during the last 5 minutes of baking. To assemble the tacos, place the warm tortillas on serving plates, put 2 tenders on each tortilla, and cover with a few slices of the onion.
- Add a dollop of the tartar sauce and top with 1/4 cup of the lettuce. Fold over and serve.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:4.36, Inflammation Score:-7, Nutrition Score:11.383043537969%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 235.14kcal (11.76%), Fat: 10.83g (16.67%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 19.29g (7.02%), Sugar: 3.87g (4.3%), Cholesterol: 28.35mg (9.45%), Sodium: 530.55mg (23.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.97g (25.93%), Selenium: 27.19µg (38.84%), Vitamin K: 38.47µg (36.64%), Vitamin A: 1101.75IU (22.04%), Vitamin B3: 3.18mg (15.92%), Phosphorus: 154.55mg (15.45%), Folate: 57.82µg (14.45%), Vitamin B12: 0.8µg (13.35%), Manganese: 0.24mg (11.85%), Vitamin B1: 0.17mg (11.55%), Vitamin D: 1.55µg (10.35%), Iron: 1.48mg (8.2%), Potassium: 271.05mg (7.74%), Vitamin B2: 0.13mg (7.65%), Vitamin B6: 0.15mg (7.38%), Vitamin E: 1.01mg (6.75%), Fiber: 1.69g (6.75%), Magnesium: 25.45mg (6.36%), Calcium: 62.62mg (6.26%), Copper: 0.09mg (4.39%), Vitamin B5: 0.36mg (3.59%), Vitamin C: 2.91mg (3.53%), Zinc: 0.42mg (2.77%)