



## Fish Tacos Ultimo

 **Gluten Free**  **Popular**

READY IN



**60 min.**

SERVINGS



**16**

CALORIES



**150 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 avocado pitted peeled sliced
- 2 cups cabbage shredded
- 1.5 teaspoons chipotle peppers in adobo sauce canned
- 16 5-inch corn tortillas ()
- 0.5 cup yogurt plain fat-free
- 1.5 tablespoons cilantro leaves fresh chopped
- 1 teaspoon garlic powder
- 2 green onions chopped

- 1 teaspoon ground pepper black
- 2 tablespoons juice of lime
- 1 cup monterrey jack cheese shredded
- 1 teaspoon paprika
- 0.5 cup salsa
- 2 teaspoons salt
- 2 pounds tilapia fillets
- 1 tomatoes chopped

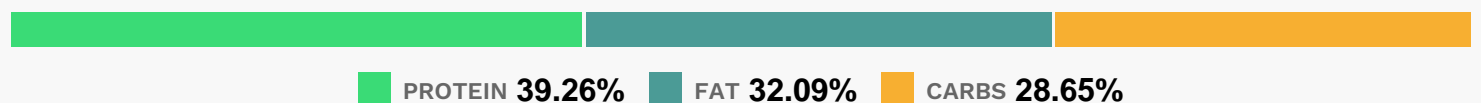
## Equipment

- frying pan
- blender
- grill

## Directions

- Rub tilapia fillets with 2 tablespoons lime juice and season with salt, black pepper, garlic powder, and paprika. Spray both sides of each fillet with cooking spray.
- Preheat grill for medium heat and lightly oil the grate.
- Combine yogurt, 2 tablespoons lime juice, cilantro, and chipotle pepper in a blender; pulse until sauce is well blended. Set aside.
- Grill tilapia on preheated grill until fish is easily flaked with a fork, about 5 minutes on each side.
- Heat each corn tortilla in a skillet over medium-low heat until warm, about 1 minute. Divide grilled fish evenly over corn tortillas and serve with cilantro-lime sauce, cabbage, Monterey Jack cheese, tomato, avocado, salsa, and green onions.

## Nutrition Facts



## Properties

Glycemic Index:19.72, Glycemic Load:3.55, Inflammation Score:-4, Nutrition Score:10.111739303755%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 149.62kcal (7.48%), Fat: 5.5g (8.46%), Saturated Fat: 2.04g (12.78%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 8.53g (3.1%), Sugar: 1.76g (1.96%), Cholesterol: 34.79mg (11.6%), Sodium: 432.52mg (18.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.14g (30.28%), Selenium: 26.23µg (37.47%), Phosphorus: 207.03mg (20.7%), Vitamin B12: 1µg (16.69%), Vitamin B3: 2.88mg (14.39%), Vitamin K: 14.76µg (14.06%), Vitamin D: 1.8µg (12%), Vitamin B6: 0.21mg (10.45%), Potassium: 355.49mg (10.16%), Fiber: 2.53g (10.1%), Calcium: 97.54mg (9.75%), Magnesium: 38.36mg (9.59%), Folate: 33.38µg (8.35%), Vitamin C: 6.59mg (7.99%), Manganese: 0.15mg (7.46%), Vitamin B2: 0.12mg (7.02%), Vitamin B5: 0.58mg (5.84%), Copper: 0.11mg (5.62%), Zinc: 0.84mg (5.57%), Vitamin A: 265.83IU (5.32%), Vitamin E: 0.76mg (5.05%), Iron: 0.83mg (4.62%), Vitamin B1: 0.07mg (4.37%)