



 **62%**  
HEALTH SCORE

## Fish Tacos with Cabbage-Carrot Slaw and Spicy Crema

 **Gluten Free**  **Very Healthy**

READY IN



**25 min.**

SERVINGS



**4**

CALORIES



**352 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup carrots shredded ( 2 medium carrots)
- 0.5 teaspoon chili powder
- 1 teaspoon adobo sauce from chipotle chiles canned
- 0.3 cup cilantro leaves
- 8 6-inch corn tortillas warmed ( )
- 0.5 teaspoon cumin
- 3 ounces coarsely jicama shredded peeled

- 1 juice of lime
- 4 servings lime wedges for serving
- 1 tablespoon olive oil divided
- 0.5 teaspoon paprika
- 0.8 teaspoon pepper divided
- 2 ounces cabbage shredded red
- 0.8 teaspoon salt divided
- 0.5 cup cup heavy whipping cream light sour
- 1.3 pounds tilapia fillets

## Equipment

- bowl
- oven
- whisk
- broiler pan

## Directions

- Combine the sour cream and adobo sauce in a small bowl, whisking well; set aside and allow flavors to meld. Meanwhile, combine jicama, cabbage, carrots, cilantro leaves, lime juice and zest, 1 tablespoon olive oil, and 1/4 teaspoon each of salt and pepper in a medium bowl; toss well. Chill until ready to use.
- Place the fish in a broiler pan; brush with remaining teaspoon olive oil.
- Sprinkle with the chili powder, paprika, cumin, and remaining 1/2 teaspoon each of salt and pepper. Broil until the fish is cooked through and slightly charred around edges (6–8 minutes).
- Remove fish from oven; flake with a fork.
- Place about 1/4 cup slaw on each tortilla; top with 1/4 cup cooked fish. Top each taco with about 1 tablespoon crema; serve with lime wedges.

## Nutrition Facts



■ PROTEIN 36.92% ■ FAT 26.71% ■ CARBS 36.37%

## Properties

Glycemic Index:65.08, Glycemic Load:11.52, Inflammation Score:-10, Nutrition Score:25.731739044189%

## Flavonoids

Cyanidin: 29.74mg, Cyanidin: 29.74mg, Cyanidin: 29.74mg, Cyanidin: 29.74mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg 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: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

## Nutrients (% of daily need)

Calories: 351.6kcal (17.58%), Fat: 10.71g (16.47%), Saturated Fat: 3.48g (21.78%), Carbohydrates: 32.81g (10.94%), Net Carbohydrates: 26.79g (9.74%), Sugar: 3.25g (3.61%), Cholesterol: 80.94mg (26.98%), Sodium: 589.23mg (25.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.3g (66.6%), Vitamin A: 5878.19IU (117.56%), Selenium: 63.7µg (91%), Phosphorus: 449.03mg (44.9%), Vitamin B12: 2.36µg (39.34%), Vitamin B3: 6.84mg (34.21%), Vitamin D: 4.45µg (29.68%), Fiber: 6.02g (24.07%), Magnesium: 90.55mg (22.64%), Potassium: 789.64mg (22.56%), Vitamin B6: 0.45mg (22.48%), Vitamin C: 17.36mg (21.04%), Manganese: 0.39mg (19.31%), Vitamin K: 18.18µg (17.32%), Folate: 52.7µg (13.17%), Calcium: 124.06mg (12.41%), Vitamin E: 1.85mg (12.34%), Iron: 2.17mg (12.07%), Vitamin B2: 0.2mg (11.88%), Copper: 0.23mg (11.74%), Vitamin B1: 0.16mg (10.61%), Zinc: 1.49mg (9.91%), Vitamin B5: 0.91mg (9.15%)