



Fish Tacos With Fresh Salsa



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds catfish fillets cut into 1-inch pieces
- ☐ 8 corn tortillas warmed
- ☐ 0.3 cup flour instant such as Wondra
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 cup iceberg lettuce shredded
- ☐ 0.5 jalapeno minced for less heat remove seeds
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons juice of lime fresh for serving

- ☐ 4 servings pepper freshly ground
- ☐ 0.5 small onion red finely chopped
- ☐ 1 large tomatillo husked rinsed chopped
- ☐ 1 medium tomatoes chopped
- ☐ 4 servings vegetable oil for frying

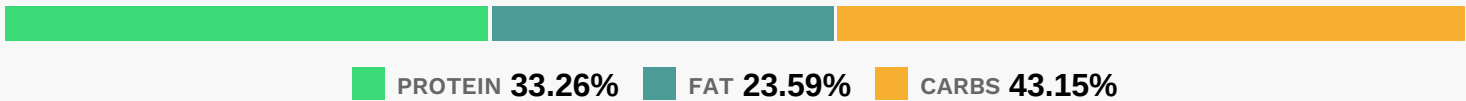
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Mix the tomatillo, tomato, onion, cilantro, lime juice and jalapeno in a bowl and season with salt.
- ☐ Heat 1/2 inch vegetable oil in a deep skillet or pot over medium-high heat. Season the fish with 1/2 teaspoon salt and 1/4 teaspoon pepper, then toss with the flour in a bowl. Fry the fish in 2 batches, turning as needed, until golden brown and just cooked through, 3 to 4 minutes per batch.
- ☐ Transfer to a paper towel-lined plate to drain; season with salt.
- ☐ Fill the tortillas with the fish, lettuce and salsa.
- ☐ Serve the tacos with lime wedges.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:68.88, Glycemic Load:10.97, Inflammation Score:-6, Nutrition Score:20.649999950243%

Flavonoids

Hesperetin: 3.18mg, Hesperetin: 3.18mg, Hesperetin: 3.18mg, Hesperetin: 3.18mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 322.57kcal (16.13%), Fat: 8.5g (13.07%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 34.97g (11.66%), Net Carbohydrates: 30.35g (11.04%), Sugar: 2.74g (3.04%), Cholesterol: 82.21mg (27.4%), Sodium: 283.19mg (12.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.95g (53.91%), Vitamin D: 17.72µg (118.12%), Vitamin B12: 3.16µg (52.68%), Phosphorus: 480.94mg (48.09%), Selenium: 21.43µg (30.61%), Vitamin B1: 0.38mg (25.24%), Potassium: 760.34mg (21.72%), Magnesium: 78.96mg (19.74%), Vitamin B3: 3.9mg (19.51%), Fiber: 4.62g (18.47%), Vitamin B6: 0.34mg (17.15%), Manganese: 0.31mg (15.72%), Vitamin C: 12.03mg (14.58%), Vitamin K: 14.29µg (13.61%), Vitamin B5: 1.24mg (12.39%), Zinc: 1.54mg (10.29%), Vitamin A: 471.74IU (9.43%), Vitamin B2: 0.16mg (9.19%), Copper: 0.17mg (8.74%), Iron: 1.41mg (7.82%), Folate: 31.08µg (7.77%), Calcium: 75.61mg (7.56%), Vitamin E: 0.7mg (4.64%)