



HEALTH SCORE

100%

Fish Tacos with Lime-Cilantro Crema



Gluten Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cabbage shredded
- ☐ 8 6-inch corn tortillas ()
- ☐ 3 tablespoons mayonnaise fat-free
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 cup green onions thinly sliced
- ☐ 1 teaspoon ground coriander

- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 3 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 1.5 pounds snapper fillets red
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon paprika smoked

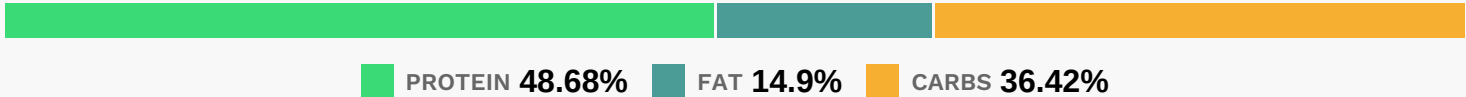
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425
- ☐ To prepare crema, combine the first 8 ingredients in a small bowl; set aside.
- ☐ To prepare tacos, combine cumin and next 5 ingredients (through garlic powder) in a small bowl; sprinkle spice mixture evenly over both sides of fish.
- ☐ Place fish on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 9 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Place fish in a bowl; break into pieces with a fork.
- ☐ Heat tortillas according to package directions. Divide fish evenly among tortillas; top each with 1/4 cup cabbage and 1 tablespoon crema.

Nutrition Facts



Properties

Glycemic Index:69.38, Glycemic Load:10.78, Inflammation Score:-7, Nutrition Score:28.09391309904%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 322.01kcal (16.1%), Fat: 5.31g (8.17%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 29.21g (9.74%), Net Carbohydrates: 24.24g (8.82%), Sugar: 2.93g (3.26%), Cholesterol: 67.03mg (22.34%), Sodium: 449.7mg (19.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.05g (78.09%), Vitamin D: 17.37µg (115.79%), Selenium: 68.93µg (98.47%), Vitamin B12: 5.14µg (85.68%), Phosphorus: 526.46mg (52.65%), Vitamin K: 45.8µg (43.62%), Vitamin B6: 0.87mg (43.36%), Potassium: 942.58mg (26.93%), Magnesium: 103.25mg (25.81%), Vitamin C: 18.24mg (22.11%), Fiber: 4.97g (19.88%), Manganese: 0.31mg (15.56%), Vitamin B5: 1.43mg (14.32%), Calcium: 139.99mg (14%), Vitamin E: 2.05mg (13.7%), Vitamin A: 557.71IU (11.15%), Vitamin B1: 0.16mg (10.95%), Zinc: 1.51mg (10.08%), Iron: 1.74mg (9.67%), Folate: 32.36µg (8.09%), Copper: 0.16mg (8.03%), Vitamin B3: 1.47mg (7.37%), Vitamin B2: 0.08mg (4.73%)