



Fish Tacos with Sesame Ginger Slaw



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups coleslaw mix shredded
- ☐ 12 6-inch corn tortillas warmed ()
- ☐ 1 tablespoon sesame oil dark
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 1 teaspoon honey
- ☐ 2 tablespoons juice of lime
- ☐ 3 tablespoons yogurt plain low-fat greek-style
- ☐ 1 tablespoon soya sauce low-sodium

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds tilapia fillets

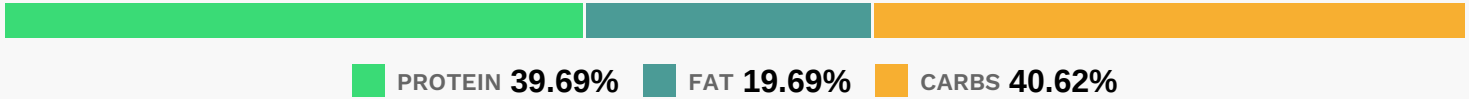
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Heat a nonstick skillet or grill pan over medium heat. Spray fish with cooking spray; sprinkle with salt and pepper.
- ☐ Add fish to pan; cook 10 to 12 minutes, turning once, until fish flakes easily with a fork.
- ☐ Combine yogurt and next 5 ingredients (through honey) in a small bowl, stirring with a whisk.
- ☐ Combine dressing and coleslaw mix, tossing to coat.
- ☐ Place 2 ounces fish in each tortilla. Top with coleslaw.

Nutrition Facts



Properties

Glycemic Index:48.44, Glycemic Load:16.64, Inflammation Score:-6, Nutrition Score:25.521304410437%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 397.44kcal (19.87%), Fat: 8.93g (13.74%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 41.44g (13.81%), Net Carbohydrates: 35.1g (12.77%), Sugar: 5.02g (5.58%), Cholesterol: 85.95mg (28.65%), Sodium: 433.22mg (18.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.49g (80.98%), Selenium: 76.57µg (109.38%), Phosphorus: 577.63mg (57.76%), Vitamin B12: 2.77µg (46.19%), Vitamin K: 43.04µg (40.99%), Vitamin B3: 8.02mg (40.08%), Vitamin D: 5.27µg (35.15%), Magnesium: 114.98mg (28.74%), Vitamin B6: 0.53mg (26.52%), Vitamin C: 21.64mg (26.23%), Fiber: 6.34g (25.36%), Potassium: 812.73mg (23.22%), Manganese: 0.44mg (22.01%), Folate: 71.62µg (17.91%), Copper: 0.27mg (13.41%), Calcium: 131.8mg (13.18%), Vitamin B2: 0.22mg (13.11%), Iron: 2.26mg (12.55%), Zinc: 1.86mg (12.39%), Vitamin B1: 0.19mg (12.37%), Vitamin B5: 1.14mg (11.4%), Vitamin E: 1.07mg (7.12%), Vitamin A: 65.09IU (1.3%)