



## Fish Tacos with Tomatillo Sauce

 Gluten Free  Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup cilantro stems
- 8 6-inch corn tortillas ( )
- 0.3 cup cilantro leaves fresh
- 3 garlic cloves
- 0.5 medium jalapeno
- 1 tablespoon juice of lime fresh
- 3 tablespoons canola mayonnaise (such as Hellmann's)

- 1 tablespoon olive oil extra-virgin
- 2 cups cabbage red very thinly sliced
- 0.4 teaspoon salt divided
- 0.5 teaspoon sugar
- 24 ounce tilapia fillets
- 2 medium tomatillos husked rinsed

## Equipment

- food processor
- bowl
- frying pan
- blender
- aluminum foil
- broiler

## Directions

- Preheat broiler to high.
- Arrange garlic, tomatillos, and jalapeo in a single layer on a foil-lined jelly-roll pan. Broil 3 minutes on each side or until blackened.
- Combine tomatillo mixture, cilantro stems, mayonnaise, sugar, and 1/8 teaspoon salt in a mini food processor or blender; blend until smooth.
- Combine cabbage, juice, and oil in a medium bowl; toss to coat.
- Heat a large skillet over medium-high heat.
- Sprinkle fish evenly with remaining 1/4 teaspoon salt and black pepper. Coat pan with cooking spray.
- Add fish to pan; cook 2 minutes. Turn fish over; cook 1 minute.
- Working with 1 tortilla at a time, heat tortillas over medium-high heat directly on the eye of a burner for about 15 seconds on each side or until lightly charred. Arrange half of a tilapia fillet in center of each tortilla; top each with 1/4 cup cabbage mixture, about 1 1/2 tablespoons tomatillo mixture, and about 1 1/2 teaspoons cilantro leaves.

# Nutrition Facts

PROTEIN 36.91% FAT 34.75% CARBS 28.34%

## Properties

Glycemic Index:90.15, Glycemic Load:11.44, Inflammation Score:-8, Nutrition Score:25.520000043123%

## Flavonoids

Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

## Nutrients (% of daily need)

Calories: 405.95kcal (20.3%), Fat: 16.01g (24.64%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 29.39g (9.8%), Net Carbohydrates: 24.63g (8.95%), Sugar: 3.57g (3.97%), Cholesterol: 89.46mg (29.82%), Sodium: 410.71mg (17.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.27g (76.54%), Selenium: 75.23µg (107.48%), Phosphorus: 480.69mg (48.07%), Vitamin K: 50.21µg (47.82%), Vitamin B12: 2.7µg (45%), Vitamin B3: 8mg (39.99%), Vitamin C: 32.07mg (38.87%), Vitamin D: 5.29µg (35.29%), Vitamin B6: 0.53mg (26.71%), Magnesium: 96.12mg (24.03%), Potassium: 801.34mg (22.9%), Manganese: 0.44mg (21.83%), Fiber: 4.76g (19.04%), Vitamin A: 747.93IU (14.96%), Folate: 55.94µg (13.99%), Vitamin E: 1.94mg (12.91%), Copper: 0.25mg (12.39%), Iron: 2.21mg (12.27%), Vitamin B2: 0.19mg (11.12%), Vitamin B1: 0.16mg (10.93%), Vitamin B5: 1.04mg (10.36%), Zinc: 1.44mg (9.61%), Calcium: 88.73mg (8.87%)