



Fish Taquitos

 Gluten Free

READY IN



110 min.

SERVINGS



12

CALORIES



467 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon cajun spice
- ☐ 0.3 cup canola oil
- ☐ 12 6-inch corn tortillas
- ☐ 1 clove garlic minced
- ☐ 0.3 cup juice of lemon
- ☐ 1 teaspoon oregano dried
- ☐ 1 pound shark fillets
- ☐ 1 cup cheddar cheese shredded

☐ 2 quarts vegetable oil for frying

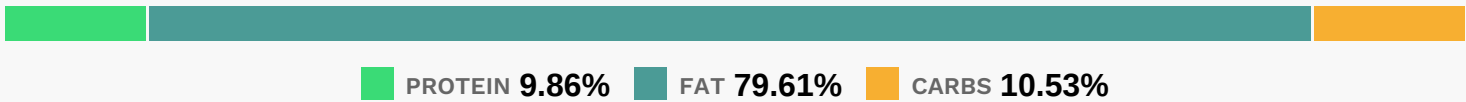
Equipment

- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ microwave
- ☐ deep fryer

Directions

- ☐ Cut shark into strips 3/4 inch thick and 3 inches long.
- ☐ Mix canola oil, lemon juice, garlic, oregano, and Cajun style spice mix in a plastic container.
- ☐ Place shark strips in container, and marinate for 1 hour.
- ☐ Warm tortillas in a microwave to make them pliable.
- ☐ Drain marinade, and pat shark dry with paper towels.
- ☐ Place a strip of shark at one end of a tortilla, roll tightly, and secure with a toothpick.
- ☐ Heat oil in a deep fryer. Submerge taquitos in hot oil. Fry until golden brown, no more than 3 or 4 minutes each.
- ☐ Drain on paper towels.
- ☐ Place taquitos in a baking dish large enough to accommodate all twelve.
- ☐ Sprinkle with shredded cheese.
- ☐ Bake at 350 degrees F (175 degrees C) for 5 minutes, or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:5.12, Inflammation Score:-6, Nutrition Score:10.238261031068%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 466.75kcal (23.34%), Fat: 41.9g (64.46%), Saturated Fat: 7.44g (46.49%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 10.68g (3.88%), Sugar: 0.41g (0.46%), Cholesterol: 28.69mg (9.56%), Sodium: 103.39mg (4.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.68g (23.36%), Vitamin K: 62.78µg (59.79%), Vitamin E: 4.01mg (26.7%), Selenium: 18.11µg (25.87%), Phosphorus: 205.71mg (20.57%), Vitamin B6: 0.23mg (11.27%), Vitamin B12: 0.66µg (11.05%), Calcium: 104.29mg (10.43%), Magnesium: 40.9mg (10.22%), Vitamin B3: 1.54mg (7.68%), Fiber: 1.79g (7.15%), Zinc: 0.87mg (5.77%), Vitamin A: 268.2IU (5.36%), Manganese: 0.11mg (5.36%), Vitamin B2: 0.09mg (5.05%), Iron: 0.76mg (4.24%), Potassium: 128.23mg (3.66%), Vitamin B5: 0.34mg (3.44%), Vitamin B1: 0.05mg (3.04%), Copper: 0.06mg (2.97%), Vitamin C: 2.05mg (2.49%), Vitamin D: 0.28µg (1.89%), Folate: 5.91µg (1.48%)