



Grilled Fish Tacos with Creamy Coleslaw for Two

READY IN



20 min.

SERVINGS



20

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup milk cheddar cheese shredded 2% kraft
- 4 8-inch flour tortillas ()
- 1 Tbsp cilantro leaves fresh chopped
- 1.5 cups coleslaw blend (cabbage slaw mix)
- 0.5 tsp ground cumin
- 2 Tbsp juice of lime divided
- 1 Tbsp lite house dressing italian kraft
- 2 Tbsp mayo mayonnaise dressing fat free kraft

0.5 lb tilapia fillets

Equipment

bowl

grill

aluminum foil

Directions

Heat grill to medium heat.

Mix 1 Tbsp. lime juice, dressing and cumin. Grill fish 4 min. on each side or until fish flakes easily with fork, brushing occasionally with dressing mixture. Meanwhile, grill tortillas 1 min. or just until warmed, turning after 30 sec.; wrap in foil or towel to keep warm.

Combine remaining lime juice, mayo and cilantro in medium bowl.

Add coleslaw blend; toss to coat. Use fork to break fish into bite-size pieces.

Top tortillas with coleslaw, fish and cheese; roll up.

Nutrition Facts


PROTEIN 26.7% **FAT 28.98%** **CARBS 44.32%**

Properties

Glycemic Index:7.1, Glycemic Load:1.68, Inflammation Score:-1, Nutrition Score:2.8178260870602%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 52.85kcal (2.64%), Fat: 1.7g (2.62%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 5.33g (1.94%), Sugar: 0.82g (0.91%), Cholesterol: 7.23mg (2.41%), Sodium: 111.18mg (4.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Selenium: 7.45µg (10.65%), Vitamin K: 5.8µg (5.52%), Phosphorus: 48.78mg (4.88%), Vitamin B3: 0.91mg (4.56%), Vitamin B1: 0.06mg (4.03%), Folate: 15.03µg (3.76%),

Manganese: 0.07mg (3.29%), Vitamin B12: 0.19µg (3.24%), Calcium: 28.99mg (2.9%), Vitamin C: 2.38mg (2.89%), Iron: 0.5mg (2.77%), Vitamin B2: 0.04mg (2.64%), Vitamin D: 0.36µg (2.4%), Fiber: 0.53g (2.12%), Potassium: 61.16mg (1.75%), Magnesium: 6.69mg (1.67%), Vitamin B6: 0.03mg (1.66%), Copper: 0.02mg (1.1%), Zinc: 0.16mg (1.05%)