



HEALTH SCORE

56%

Grilled Tilapia Soft Tacos



Gluten Free



Dairy Free

READY IN



11 min.

SERVINGS



5

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 16 corn tortillas soft
- ☐ 0.5 teaspoon cumin
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons juice of lime
- ☐ 0.3 cup olive oil
- ☐ 5 servings salt and pepper
- ☐ 2 teaspoons soya sauce

☐ 2 pounds tilapia fillets (6)

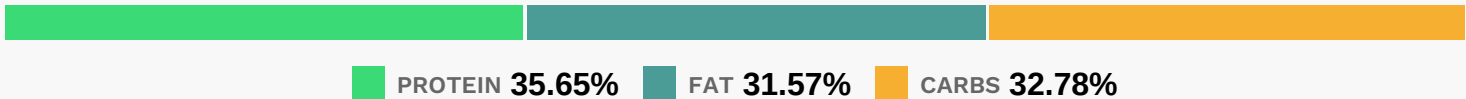
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler

Directions

- ☐ In a small bowl, combine olive oil, lime juice, soy sauce, chili powder, cumin and garlic. Season fish on all sides with salt and pepper and place in a dish large enough to hold in a single layer.
- ☐ Pour marinade over fish, cover and refrigerate for 15 to 20 minutes.
- ☐ Preheat gas grill to medium, or preheat broiler to high and set rack 6 inches from source of heat.
- ☐ Remove fish from marinade and grill or broil until flaky, 2 to 3 minutes per side.
- ☐ Remove to a plate and let rest for 5 minutes, then cut into chunks. Season with salt, pepper and additional lime juice, if desired.
- ☐ Warm tortillas as package label directs.
- ☐ Serve tilapia with tortillas.

Nutrition Facts



Properties

Glycemic Index:20.1, Glycemic Load:16.17, Inflammation Score:-6, Nutrition Score:22.728695631027%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 456.74kcal (22.84%), Fat: 16.37g (25.18%), Saturated Fat: 2.94g (18.39%), Carbohydrates: 38.23g (12.74%), Net Carbohydrates: 32.77g (11.92%), Sugar: 0.91g (1.02%), Cholesterol: 90.72mg (30.24%), Sodium: 466.98mg (20.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.58g (83.16%), Selenium: 81.12µg (115.88%), Phosphorus: 576.77mg (57.68%), Vitamin B12: 2.87µg (47.78%), Vitamin B3: 8.49mg (42.46%), Vitamin D: 5.62µg (37.5%), Magnesium: 111.82mg (27.95%), Vitamin B6: 0.5mg (25%), Fiber: 5.46g (21.83%), Potassium: 728.73mg (20.82%), Manganese: 0.38mg (18.77%), Vitamin E: 2.69mg (17.91%), Copper: 0.28mg (13.84%), Iron: 2.38mg (13.2%), Folate: 48.89µg (12.22%), Zinc: 1.74mg (11.59%), Vitamin B1: 0.16mg (10.6%), Vitamin B2: 0.18mg (10.47%), Vitamin B5: 1mg (9.98%), Calcium: 91.35mg (9.14%), Vitamin K: 9.52µg (9.07%), Vitamin A: 125.86IU (2.52%), Vitamin C: 2.01mg (2.43%)