



## Homemade Tilapia Fish Tacos

READY IN



25 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup four cheese shredded mexican style kraft finely
- 0.5 tsp chili powder
- 12 6-inch corn tortillas warmed ()
- 0.3 tsp garlic powder
- 0.3 tsp ground cumin
- 0.3 tsp onion powder
- 0.5 cup panko bread crumbs
- 2 cups purple cabbage shredded
- 0.5 cup pineapple salsa

1.5 lb tilapia fillets

## Equipment

baking sheet

oven

## Directions

Heat oven to 375F.

Combine bread crumbs and seasonings; stir in cheese.

Moisten fish with water; coat with cheese mixture, lightly pressing cheese mixture onto both sides of fish.

Place on baking sheet sprayed with cooking spray; top with any remaining cheese mixture.

Bake 12 to 15 min. or until fish flakes easily with fork. Meanwhile, combine cabbage and salsa.

Cut fish in half; place on tortillas. Top with cabbage mixture. Fold in half.

## Nutrition Facts

 **PROTEIN 36.83%** **FAT 26.79%** **CARBS 36.38%**

## Properties

Glycemic Index:19.92, Glycemic Load:10.69, Inflammation Score:-7, Nutrition Score:20.466087092524%

## Flavonoids

Cyanidin: 62.25mg, Cyanidin: 62.25mg, Cyanidin: 62.25mg, Cyanidin: 62.25mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 336.01kcal (16.8%), Fat: 10.22g (15.72%), Saturated Fat: 4.59g (28.71%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 26.59g (9.67%), Sugar: 2.82g (3.13%), Cholesterol: 75.53mg (25.18%), Sodium: 396.26mg (17.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.6g (63.21%), Selenium: 57.63µg (82.33%), Phosphorus: 468.34mg (46.83%), Vitamin B12: 2.01µg (33.48%), Vitamin B3: 5.95mg (29.73%), Vitamin D: 3.63µg (24.19%), Calcium: 217.18mg (21.72%), Vitamin B6: 0.42mg (21.23%), Magnesium: 84.14mg (21.04%), Vitamin C:

17.35mg (21.04%), Fiber: 4.63g (18.51%), Manganese: 0.37mg (18.25%), Potassium: 599.88mg (17.14%), Vitamin K: 14.86µg (14.15%), Vitamin B2: 0.24mg (14.03%), Vitamin A: 692.6IU (13.85%), Zinc: 1.95mg (13%), Vitamin B1: 0.18mg (11.86%), Folate: 45.52µg (11.38%), Iron: 1.98mg (11%), Copper: 0.21mg (10.37%), Vitamin B5: 0.81mg (8.05%), Vitamin E: 1.13mg (7.54%)