



Kingfish Enchiladas

READY IN



60 min.

SERVINGS



8

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup flour all-purpose
- 8 8-inch flour tortillas ()
- 1 bell pepper diced green
- 1 pound king mackerel fillets washed and cubed cleaned
- 2 tablespoons olive oil
- 1 onion diced
- 0.5 cup salad dressing italian-style
- 16 ounce salsa
- 8 ounces cheddar cheese shredded

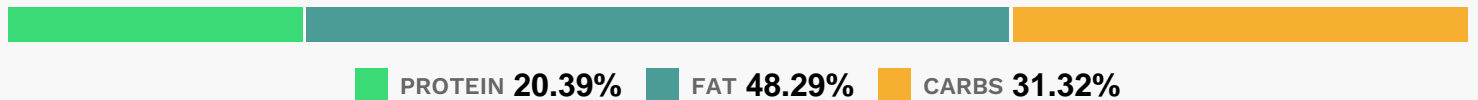
Equipment

- frying pan
- oven
- baking pan

Directions

- Combine fish cubes with Italian dressing.
- Let marinate for at least 30 minutes. Dredge fish cubes in flour and set aside.
- Preheat oven to 350 degrees F (175 degrees C). Lightly oil a 9x13 inch baking pan.
- In a non-stick frying pan, heat olive oil over medium high heat.
- Add onions and green pepper. Cook slowly, stirring occasionally until vegetables are soft. Stir in fish cubes and cook until fish is soft, about 5 minutes. Stir in half of the salsa and remove mixture from heat.
- Spoon mixture into tortillas, roll up and place seam down in prepared baking pan. Spoon remaining salsa over the enchiladas and sprinkle with shredded cheese.
- Bake in preheated oven for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:10.63, Inflammation Score:-7, Nutrition Score:22.261304337045%

Flavonoids

Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 466.64kcal (23.33%), Fat: 24.97g (38.42%), Saturated Fat: 9.15g (57.22%), Carbohydrates: 36.44g (12.15%), Net Carbohydrates: 33.04g (12.02%), Sugar: 6.68g (7.43%), Cholesterol: 55mg (18.33%), Sodium: 1128.46mg (49.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.73g (47.45%), Selenium: 42.29µg

(60.41%), Vitamin B12: 2.8µg (46.59%), Vitamin B3: 7.96mg (39.79%), Vitamin D: 5.33µg (35.53%), Phosphorus: 337.3mg (33.73%), Vitamin B2: 0.55mg (32.52%), Calcium: 310.99mg (31.1%), Vitamin B1: 0.4mg (26.4%), Vitamin B6: 0.4mg (19.87%), Manganese: 0.39mg (19.72%), Vitamin C: 15.25mg (18.48%), Vitamin K: 18.29µg (17.42%), Iron: 3.11mg (17.28%), Folate: 68.54µg (17.14%), Vitamin E: 2.36mg (15.71%), Potassium: 524.72mg (14.99%), Fiber: 3.4g (13.59%), Vitamin A: 651.97IU (13.04%), Zinc: 1.88mg (12.56%), Magnesium: 47.71mg (11.93%), Copper: 0.18mg (8.78%), Vitamin B5: 0.54mg (5.43%)