



 **36%**  
HEALTH SCORE

## Kk's Fish Tacos

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 fillet tilapia fresh ()
- 20 small flour tortilla
- 1 cup cilantro leaves finely chopped
- 4 lime
- 0.5 head lettuce
- 4 tomatoes diced
- 1 medium onion diced
- 2 cups bread crumbs italian

- 10 servings creole seasoning
- 2 cups vegetable oil

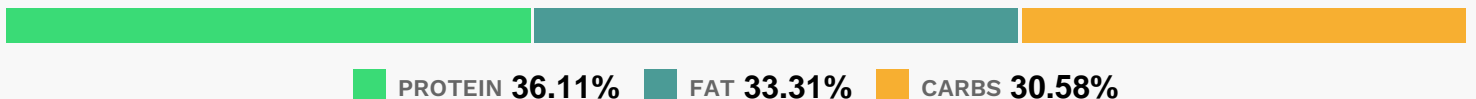
## Equipment

- frying pan
- paper towels
- microwave
- pie form

## Directions

- In pie pan/deep dish add your Italian bread crumbs.
- In large enough pan to fit at least two fillets at a time, add about 1 cup of oil and bring up to a sizzling temp. (after frying about half the fish, you may need to add more oil to the pan)
- If frozen thaw your tilapia in lukewarm water, drain well.
- Once oil is ready, take one of the fillets, thoroughly coat both sides with the bread crumbs.
- Place in the oil and cook til each side is brown (~2-3 minutes/side).
- Place on sheets of paper towel to drain away more of the oil.
- Lightly season the top side of fish with you salt or creole seasoning.
- While frying up the rest of your fillets, chop up all of your accouterments.
- When everything is ready, microwave your tortillas for about 30 seconds on high, completely covered in paper towel or a clean dishtowel.
- Make a taco building buffet: add your fish, a little queso, your veggies, a pinch of cilantro, and then salsa and/or guac. Use the lime wedges to give your taco a little extra kick of citrus!

## Nutrition Facts



## Properties

Glycemic Index:22.7, Glycemic Load:11.1, Inflammation Score:-9, Nutrition Score:29.651304347826%

## Flavonoids

Hesperetin: 11.52mg, Hesperetin: 11.52mg, Hesperetin: 11.52mg, Hesperetin: 11.52mg Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

## Taste

Sweetness: 22.3%, Saltiness: 6.89%, Sourness: 18.44%, Bitterness: 4.69%, Savoriness: 4.3%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 519.57kcal (25.98%), Fat: 19.51g (30.02%), Saturated Fat: 5.45g (34.03%), Carbohydrates: 40.31g (13.44%), Net Carbohydrates: 35.57g (12.94%), Sugar: 6.92g (7.69%), Cholesterol: 102mg (34%), Sodium: 575.92mg (25.04%), Protein: 47.6g (95.19%), Selenium: 99.03µg (141.47%), Vitamin B3: 11.45mg (57.25%), Vitamin B12: 3.22µg (53.72%), Phosphorus: 504.31mg (50.43%), Vitamin D: 6.32µg (42.16%), Vitamin K: 40.36µg (38.44%), Folate: 131.43µg (32.86%), Vitamin A: 1498.91IU (29.98%), Vitamin B1: 0.44mg (29.55%), Potassium: 949.85mg (27.14%), Manganese: 0.52mg (26.24%), Vitamin B6: 0.49mg (24.63%), Iron: 4.05mg (22.51%), Vitamin C: 18.07mg (21.9%), Magnesium: 82.69mg (20.67%), Vitamin B2: 0.35mg (20.48%), Fiber: 4.74g (18.94%), Vitamin E: 2.54mg (16.94%), Copper: 0.28mg (14.2%), Calcium: 133.18mg (13.32%), Vitamin B5: 1.24mg (12.41%), Zinc: 1.23mg (8.21%)