



Lemon Pepper Fish Tacos

 Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons flour all-purpose
- 1 eggs
- 1 tablespoon water
- 1 cup panko bread crumbs crispy
- 1 lb fish fillet white (such as tilapia or catfish)
- 2 tablespoons vegetable oil
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- 1 medium avocado pitted peeled chopped

- 1 medium tomatoes diced seeded
- 2 teaspoons juice of lemon
- 2 tablespoons cilantro leaves fresh chopped
- 1 small jalapeno seeded finely chopped
- 2 cups lettuce shredded
- 1 small optional: lemon cut into wedges

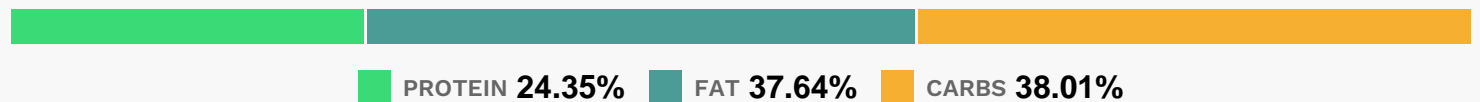
Equipment

- bowl
- frying pan

Directions

- In shallow dish, place flour. In another shallow dish, beat egg and water. In another shallow dish, place bread crumbs. Coat fish with flour. Dip into egg mixture; coat well with bread crumbs.
- In 12-inch nonstick skillet, heat oil over medium heat.
- Add fish; cook 6 to 8 minutes, turning once, until fish flakes easily with fork.
- Cut into 30 bite-size pieces.
- Meanwhile, heat tortillas as directed on package. In medium bowl, mix avocado, tomato and lemon juice. Stir in cilantro and jalapeño chile.
- Fill tortillas with fish, avocado mixture and lettuce.
- Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:61.7, Glycemic Load:10.01, Inflammation Score:-7, Nutrition Score:23.46956518422%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 4.71mg, Eriodictyol: 4.71mg, Eriodictyol: 4.71mg, Eriodictyol: 4.71mg Hesperetin: 6.32mg, Hesperetin: 6.32mg, Hesperetin: 6.32mg, Hesperetin: 6.32mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 428.69kcal (21.43%), Fat: 18.28g (28.12%), Saturated Fat: 4.02g (25.14%), Carbohydrates: 41.54g (13.85%), Net Carbohydrates: 35.26g (12.82%), Sugar: 4.7g (5.22%), Cholesterol: 78.1mg (26.03%), Sodium: 497.44mg (21.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.6g (53.21%), Selenium: 55.32µg (79.03%), Vitamin B3: 7.52mg (37.59%), Folate: 136.18µg (34.04%), Phosphorus: 327.45mg (32.75%), Vitamin K: 33.79µg (32.18%), Vitamin B1: 0.47mg (31.49%), Vitamin C: 23.78mg (28.83%), Manganese: 0.53mg (26.38%), Vitamin B12: 1.55µg (25.89%), Fiber: 6.28g (25.1%), Vitamin B2: 0.36mg (21.33%), Potassium: 704.49mg (20.13%), Iron: 3.62mg (20.09%), Vitamin D: 2.99µg (19.92%), Vitamin B6: 0.37mg (18.52%), Magnesium: 60.32mg (15.08%), Vitamin B5: 1.39mg (13.92%), Vitamin E: 2.07mg (13.79%), Copper: 0.27mg (13.31%), Calcium: 123.03mg (12.3%), Vitamin A: 501.56IU (10.03%), Zinc: 1.22mg (8.1%)