



One Pan Tilapia Fish Tacos with 5 Minute Mole

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons anise seeds
- ☐ 2 tablespoons canola oil
- ☐ 0.5 cup chili paste depending on your taste pref canned ancho if you can find it
- ☐ 0.3 cup cotija cheese grated
- ☐ 1 teaspoon cumin seed
- ☐ 2 cups iceberg lettuce shredded
- ☐ 0.3 cup raisins
- ☐ 2 roma tomatoes whole

- ☐ 2 teaspoons salt plus more for seasoning fish
- ☐ 4 servings salt
- ☐ 0.3 cup slivered blanched almonds
- ☐ 1 pound tilapia fillets
- ☐ 1 cup water
- ☐ 0.5 onion white sliced
- ☐ 2 garlic cloves whole

Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Season the fish with salt, to taste, and coat in anise seeds.
- ☐ In a large saute pan over medium-high heat, add the oil. When the oil is hot add the tilapia and saute until golden on 1 side. Flip them over and finish cooking on the other side.
- ☐ Remove the fish from pan to a plate and keep warm.
- ☐ In the same pan add the onion, garlic and tomatoes and saute until the onion is golden. Stir in the almonds and cumin seed and cook for 1 more minute.
- ☐ Deglaze the saute pan with the water and stir in the chili paste. Carefully transfer the mixture to a blender.
- ☐ Add the 2 teaspoons salt, the raisins, and the 1/2 corn tortilla and puree until very smooth.
- ☐ Briefly toast the remaining 8 tortillas over an open flame and lay 2 tortillas on each of 4 plates. Break up the fish and divide it evenly among the tortillas. Spoon the mole sauce over the fish, top with the shredded iceberg and garnish with the cotija cheese.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:56.95, Glycemic Load:4.96, Inflammation Score:-7, Nutrition Score:22.323478076769%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 347.87kcal (17.39%), Fat: 16.65g (25.61%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 26.44g (8.81%), Net Carbohydrates: 22.15g (8.05%), Sugar: 5.71g (6.34%), Cholesterol: 65.04mg (21.68%), Sodium: 381.55mg (16.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.79g (57.58%), Selenium: 50.13µg (71.61%), Phosphorus: 332.47mg (33.25%), Vitamin B12: 1.95µg (32.5%), Vitamin K: 33.71µg (32.11%), Vitamin E: 4.62mg (30.81%), Vitamin B3: 5.96mg (29.82%), Manganese: 0.57mg (28.31%), Potassium: 842.2mg (24.06%), Vitamin D: 3.55µg (23.69%), Iron: 4.13mg (22.97%), Vitamin B6: 0.43mg (21.39%), Magnesium: 85.19mg (21.3%), Vitamin B2: 0.3mg (17.56%), Copper: 0.35mg (17.31%), Fiber: 4.28g (17.14%), Calcium: 168.91mg (16.89%), Vitamin C: 13.42mg (16.26%), Folate: 62.25µg (15.56%), Vitamin A: 605.06IU (12.1%), Vitamin B1: 0.17mg (11.48%), Zinc: 1.39mg (9.24%), Vitamin B5: 0.81mg (8.08%)