



Pan Fried Catfish Tacos with Mango Salsa

READY IN



20 min.

SERVINGS



8

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cabbage shredded
- ☐ 2 tablespoon canola oil
- ☐ 4 fillet catfish filets
- ☐ 0.5 teaspoon chili powder
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 8 corn tortillas
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 pinch kosher salt & pepper black as needed
- ☐ 2 tablespoon juice of lime

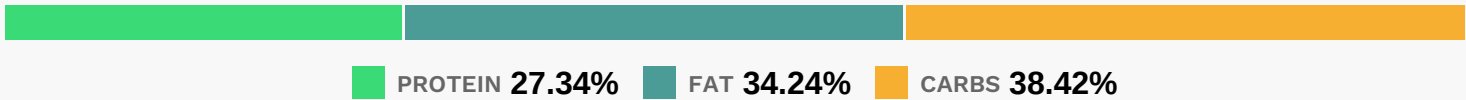
- ☐ 2 teaspoon mint leaves x fresh minced cut into ¼-inch dice
- ☐ 2 tablespoon butter unsalted
- ☐ 1 cup wondra quick-mixing flour

Equipment

Directions

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Nutrition Facts



Properties

Glycemic Index:16.44, Glycemic Load:5.16, Inflammation Score:-4, Nutrition Score:13.012173870335%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 247.37kcal (12.37%), Fat: 9.53g (14.65%), Saturated Fat: 2.79g (17.47%), Carbohydrates: 24.05g (8.02%), Net Carbohydrates: 21.61g (7.86%), Sugar: 0.59g (0.66%), Cholesterol: 56.83mg (18.94%), Sodium: 57.75mg (2.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.11g (34.23%), Vitamin D: 10.68µg (71.18%), Vitamin B12: 1.9µg (31.69%), Phosphorus: 264.12mg (26.41%), Vitamin B1: 0.29mg (19.05%), Selenium: 12.4µg (17.71%), Vitamin B3: 2.87mg (14.33%), Vitamin K: 12.65µg (12.05%), Potassium: 381.67mg (10.9%), Magnesium: 40.39mg (10.1%), Fiber: 2.45g (9.79%), Folate: 34.73µg (8.68%), Vitamin B6: 0.17mg (8.62%), Vitamin B2: 0.14mg (8.08%), Vitamin B5: 0.71mg (7.12%), Iron: 1.24mg (6.9%), Manganese: 0.13mg (6.48%), Vitamin C: 5.21mg (6.31%), Vitamin E: 0.86mg (5.75%), Zinc: 0.81mg (5.4%), Vitamin A: 247.33IU (4.95%), Calcium: 39.55mg (3.96%), Copper: 0.08mg (3.82%)