



Quick Fish Tacos



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz fish fillet frozen
- ☐ 0.3 teaspoon chili powder
- ☐ 4.6 oz taco shells (12 Count)
- ☐ 1 medium avocado
- ☐ 2 cups coleslaw mix (from deli)
- ☐ 0.5 cup salsa thick

Equipment

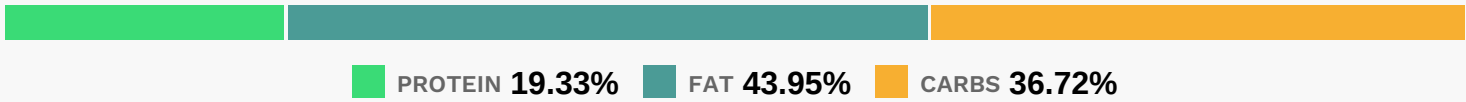
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven as directed on fish fillet package.
- ☐ Place fish fillets on ungreased cookie sheet; sprinkle with chili powder.
- ☐ Bake as directed.
- ☐ Remove fish from oven.
- ☐ Heat taco shells as directed on package. Meanwhile, remove pit and peel from avocado; cut avocado into small cubes.
- ☐ Cut warm fish into bite-sized pieces.
- ☐ To serve, spoon heaping tablespoon coleslaw into each warm taco shell. Top each with fish, avocado and salsa.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:8.98, Inflammation Score:-5, Nutrition Score:10.906521672788%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 205.7kcal (10.28%), Fat: 10.38g (15.97%), Saturated Fat: 2.49g (15.58%), Carbohydrates: 19.51g (6.5%), Net Carbohydrates: 14.81g (5.39%), Sugar: 2.13g (2.36%), Cholesterol: 18.9mg (6.3%), Sodium: 240.12mg (10.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.28g (20.55%), Vitamin K: 28.16µg (26.82%), Selenium: 17.26µg (24.66%), Fiber: 4.7g (18.81%), Folate: 62.13µg (15.53%), Vitamin C: 12.3mg (14.91%), Phosphorus: 145.57mg (14.56%), Vitamin B3: 2.77mg (13.86%), Vitamin B6: 0.26mg (13.01%), Manganese: 0.25mg (12.43%), Potassium: 424.03mg (12.12%), Magnesium: 44.13mg (11.03%), Vitamin B12: 0.6µg (9.95%), Vitamin E: 1.33mg (8.84%), Vitamin D: 1.17µg (7.81%), Vitamin B5: 0.74mg (7.43%), Vitamin B1: 0.11mg (7.13%), Copper: 0.14mg (6.8%), Vitamin B2: 0.1mg (5.99%),

Iron: 0.97mg (5.37%), Zinc: 0.78mg (5.19%), Calcium: 45.21mg (4.52%), Vitamin A: 204.18IU (4.08%)