



Quick Grilled Fish Tacos

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



5

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups coleslaw mix shredded (cabbage and carrots)
- 10 6-inch corn tortillas ()
- 1 small jalapeno seeded finely chopped
- 5 servings hot sauce red to taste
- 1.3 cups radishes sliced (10)
- 3 tablespoons ranch dressing reduced-fat
- 2 tablespoons taco seasoning 40% (from 1 oz package)
- 5 servings salsa verde

- 1 lb fish fillet white such as tilapia or catfish

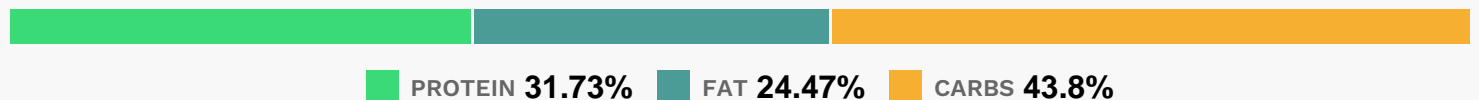
Equipment

- bowl
- grill
- aluminum foil

Directions

- Heat gas or charcoal grill.
- Cut 1 (18x12-inch) sheet of heavy-duty foil; spray with cooking spray.
- Sprinkle both sides of fish fillets with 2 teaspoons of the seasoning mix.
- Place fish on center of foil sheet. Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- Place packet on grill over high heat. Cover grill; cook about 10 minutes, rotating packet 1/2 turn after 5 minutes, until fish flakes easily with fork.
- Let cool slightly; cut into bite-size chunks.
- Meanwhile, in large bowl, mix dressing and remaining 4 teaspoons seasoning mix.
- Add coleslaw mix and chile; toss to coat.
- Let stand 10 minutes. Meanwhile, wrap stack of tortillas in sheet of foil; place on coolest part of grill 5 to 10 minutes, turning occasionally, until steaming.
- To serve, spoon about 1/4 cup fish chunks and 1/4 cup coleslaw mixture onto each tortilla; top with 2 tablespoons radishes. Fold tortillas around filling.
- Serve with pepper sauce and tomatillo salsa.

Nutrition Facts



Properties

Glycemic Index:31.7, Glycemic Load:11.07, Inflammation Score:-6, Nutrition Score:18.62260864092%

Flavonoids

Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 275.53kcal (13.78%), Fat: 7.62g (11.73%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 30.7g (10.23%), Net Carbohydrates: 25.3g (9.2%), Sugar: 5.52g (6.13%), Cholesterol: 47.7mg (15.9%), Sodium: 486.54mg (21.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.48%), Selenium: 41.76µg (59.66%), Vitamin K: 56.79µg (54.08%), Vitamin C: 29.85mg (36.18%), Phosphorus: 355.34mg (35.53%), Vitamin B12: 1.45µg (24.14%), Vitamin B3: 4.57mg (22.83%), Fiber: 5.41g (21.63%), Vitamin D: 2.82µg (18.81%), Vitamin B6: 0.37mg (18.27%), Magnesium: 72.43mg (18.11%), Potassium: 611.27mg (17.46%), Manganese: 0.32mg (15.96%), Folate: 56.82µg (14.21%), Iron: 1.61mg (8.95%), Copper: 0.18mg (8.81%), Vitamin B1: 0.13mg (8.41%), Calcium: 83.71mg (8.37%), Vitamin B2: 0.13mg (7.91%), Zinc: 1.18mg (7.88%), Vitamin A: 385.53IU (7.71%), Vitamin B5: 0.75mg (7.46%), Vitamin E: 0.89mg (5.95%)