



## Ranch-Style Fish Tostada

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

READY IN



20 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 cups bagged coleslaw blend (cabbage slaw mix)
- 8 corn tortillas (6 in.)
- 1 medium bell pepper green chopped
- 0.5 cup peppercorn ranch dressing divided kraft
- 1 medium onion red chopped
- 1 lb fish fillets white

### Equipment

- frying pan

baking sheet

oven

## Directions

Preheat oven to 350F. Spray both sides of tortillas with cooking spray; place in single layer on baking sheet.

Bake 10 min. or until crisp and lightly browned.

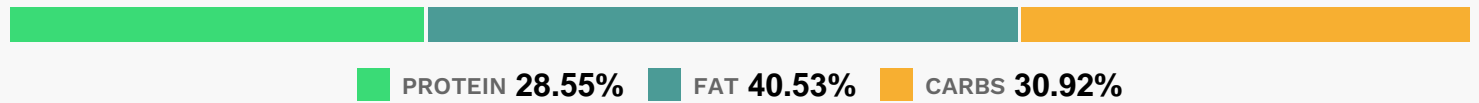
Meanwhile, heat large nonstick skillet on medium heat. Spray with cooking spray.

Add fish; cook 5 min. on each side or until fish flakes easily with fork.

Remove from heat. Use a fork to break up the fish into smaller pieces. Stir in half of the dressing.

Add remaining dressing to coleslaw blend; toss lightly. Spoon evenly onto tortillas; top with fish mixture, peppers and onion.

## Nutrition Facts



## Properties

Glycemic Index:21.88, Glycemic Load:10.71, Inflammation Score:-6, Nutrition Score:19.105217394621%

## Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

## Nutrients (% of daily need)

Calories: 368.17kcal (18.41%), Fat: 16.84g (25.9%), Saturated Fat: 3.02g (18.85%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 24.66g (8.97%), Sugar: 3.74g (4.16%), Cholesterol: 64.5mg (21.5%), Sodium: 354.66mg (15.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.69g (53.38%), Selenium: 51.76µg (73.94%), Phosphorus: 425.78mg (42.58%), Vitamin K: 44.1µg (42%), Vitamin C: 25.95mg (31.46%), Vitamin B12: 1.84µg (30.71%), Vitamin B3: 5.4mg (26.98%), Vitamin D: 3.55µg (23.64%), Vitamin B6: 0.41mg (20.31%), Magnesium: 75.28mg (18.82%), Fiber: 4.25g (17%), Potassium: 550.59mg (15.73%), Manganese: 0.3mg (14.79%), Copper: 0.2mg (10.06%), Folate: 39.22µg (9.8%), Vitamin E: 1.38mg (9.21%), Vitamin B5: 0.91mg (9.12%), Vitamin B2: 0.15mg (8.65%), Vitamin B1: 0.13mg (8.63%), Iron: 1.52mg (8.46%), Zinc: 1.19mg (7.95%), Calcium: 71.16mg (7.12%), Vitamin A:

123.07IU (2.46%)