



WHATSHEATE



HEALTH SCORE

75%

Sautéed Tilapia Tacos with Grilled Peppers and Onion



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



8 ounce bell pepper sweet mini



0.5 teaspoon pepper black divided freshly ground



8 6-inch corn tortillas ()



1 small jalapeno thinly sliced



0.8 teaspoon salt divided



20 ounce tilapia



1 inch onion white

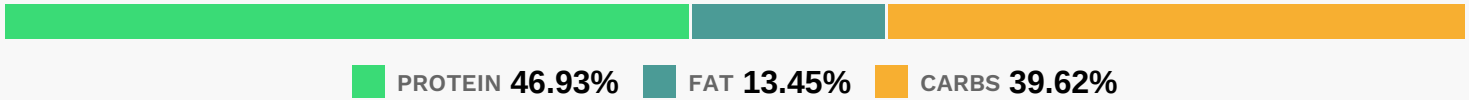
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Preheat grill to high heat.
- ☐ Arrange onion slices and bell peppers on a grill rack coated with cooking spray. Grill onions for 12 minutes, turning after 6 minutes. Grill bell peppers 12 minutes, turning occasionally.
- ☐ Remove onions and bell peppers from grill, and let stand for 5 minutes. Slice onion rings in half. Thinly slice bell peppers; discard stems and seeds.
- ☐ Combine onion, bell peppers, 1/4 teaspoon salt, and 1/8 teaspoon black pepper in a small bowl.
- ☐ Sprinkle fish evenly with remaining 1/2 teaspoon salt and remaining 3/8 teaspoon black pepper.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add fish to pan, and cook for 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Warm tortillas according to package directions. Divide fish, onion mixture, and jalapeo slices evenly among tortillas.
- ☐ Serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:43.38, Glycemic Load:10.86, Inflammation Score:-9, Nutrition Score:24.306956685108%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg, Kaempferol: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 266.08kcal (13.3%), Fat: 4.08g (6.28%), Saturated Fat: 1.11g (6.91%), Carbohydrates: 27.06g (9.02%), Net Carbohydrates: 22.42g (8.15%), Sugar: 3.01g (3.35%), Cholesterol: 70.87mg (23.62%), Sodium: 535.58mg (23.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.05g (64.11%), Vitamin C: 76.77mg (93.06%), Selenium: 62.51µg (89.3%), Phosphorus: 420.48mg (42.05%), Vitamin B12: 2.24µg (37.33%), Vitamin A: 1815.4IU (36.31%), Vitamin B3: 6.92mg (34.58%), Vitamin D: 4.39µg (29.29%), Vitamin B6: 0.52mg (26.23%), Magnesium: 83.54mg (20.89%), Potassium: 657.45mg (18.78%), Fiber: 4.64g (18.55%), Manganese: 0.32mg (16.13%), Folate: 63.81µg (15.95%), Vitamin E: 1.74mg (11.58%), Vitamin B2: 0.17mg (10.26%), Copper: 0.2mg (10.08%), Iron: 1.72mg (9.53%), Vitamin B5: 0.94mg (9.42%), Vitamin B1: 0.14mg (9.31%), Zinc: 1.3mg (8.67%), Calcium: 62.21mg (6.22%), Vitamin K: 5.82µg (5.54%)