



Soft and Crunchy Fish Tacos

READY IN



20 min.

SERVINGS



4

CALORIES



802 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- ☐ 4.6 oz taco shells (12 Count)
- ☐ 12 oz broccoli slaw (4 cups)
- ☐ 0.3 cup balsamic vinaigrette salad dressing light
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 oz taco seasoning
- ☐ 1 lb fish fillet
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup guacamole prepared

☐ 1 cup feta cheese crumbled

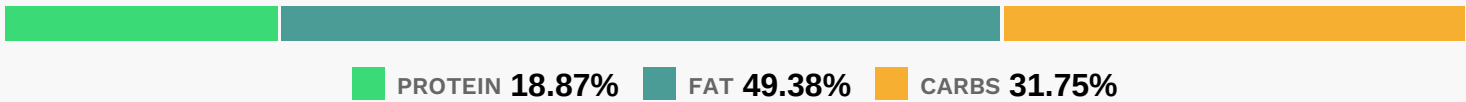
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat tortillas and taco shells as directed on package. In medium bowl, toss broccoli slaw mix, dressing and cilantro; set aside.
- ☐ In shallow dish, place taco seasoning. Coat both sides of fish with taco seasoning. In 12-inch nonstick skillet, heat oil over medium-high heat. Cook fish in oil 6 minutes, turning once, or until fish flakes easily with fork. Divide fish into 8 pieces.
- ☐ Spread each flour tortilla with 2 tablespoons guacamole.
- ☐ Place hard taco shell on center of flour tortilla. Using slotted spoon, spoon about 1/4 cup slaw into each hard taco shell.
- ☐ Place 1 fish piece over slaw in each taco shell. Gently fold tortilla sides up to match taco shell sides. Top with 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:22.51, Inflammation Score:-9, Nutrition Score:39.767391204834%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 802.22kcal (40.11%), Fat: 45.07g (69.34%), Saturated Fat: 13.45g (84.09%), Carbohydrates: 65.2g (21.73%), Net Carbohydrates: 55.44g (20.16%), Sugar: 4.92g (5.46%), Cholesterol: 90.07mg (30.02%), Sodium:

1619.65mg (70.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.76g (77.51%), Vitamin C: 88.97mg (107.85%), Selenium: 70.69µg (100.99%), Phosphorus: 603.95mg (60.39%), Folate: 227.97µg (56.99%), Vitamin K: 52.31µg (49.82%), Vitamin B3: 9.62mg (48.09%), Vitamin B2: 0.76mg (44.82%), Manganese: 0.81mg (40.66%), Vitamin B12: 2.43µg (40.42%), Fiber: 9.77g (39.07%), Vitamin B1: 0.56mg (37.65%), Vitamin B6: 0.74mg (37.03%), Calcium: 362.66mg (36.27%), Potassium: 1100.08mg (31.43%), Magnesium: 117.23mg (29.31%), Iron: 5.11mg (28.4%), Vitamin A: 1327.58IU (26.55%), Vitamin D: 3.67µg (24.44%), Vitamin B5: 2.34mg (23.39%), Vitamin E: 3.3mg (22.02%), Zinc: 3.03mg (20.22%), Copper: 0.35mg (17.68%)