



Southern-Style Fish Tacos

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



942 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 slices avocado fresh diced ripe seeded chopped
- ☐ 1 cup cabbage shredded green
- ☐ 4 servings canola oil
- ☐ 24 ounce catfish filets 1-inch-thick cut into strips
- ☐ 2 tablespoons parsley dried
- ☐ 8 6-inch flour tortilla warmed ()
- ☐ 1 teaspoon garlic powder
- ☐ 2 teaspoons ground pepper red

- ☐ 2 teaspoons lemon pepper
- ☐ 3 large lime divided
- ☐ 2 tablespoons paprika
- ☐ 1 cup cabbage shredded
- ☐ 4 servings ranch dressing
- ☐ 4 servings salsa
- ☐ 2 teaspoons salt
- ☐ 1.5 cups cornmeal yellow

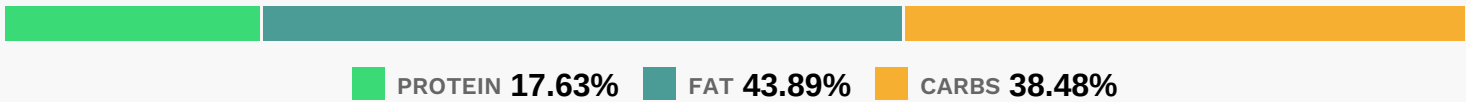
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Squeeze juice of 1 lime over fish.
- ☐ Combine cornmeal and next 6 ingredients in a large zip-top plastic freezer bag. Pat fish dry with paper towels, and place in bag, shaking to coat.
- ☐ Pour oil to a depth of 1 1/2 inches in a large deep skillet; heat to 32
- ☐ Fry catfish, in batches, in hot oil 2 to 3 minutes or until crispy and golden brown.
- ☐ Drain on paper towels.
- ☐ Place catfish in warmed tortillas; top evenly with cabbage, desired amount of salad dressing, salsa, and toppings.
- ☐ Cut remaining 2 limes into wedges, and serve with tacos.

Nutrition Facts



Properties

Glycemic Index:83.63, Glycemic Load:37.78, Inflammation Score:-10, Nutrition Score:47.887826007345%

Flavonoids

Cyanidin: 46.81mg, Cyanidin: 46.81mg, Cyanidin: 46.81mg, Cyanidin: 46.81mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg Apigenin: 45.06mg, Apigenin: 45.06mg, Apigenin: 45.06mg, Apigenin: 45.06mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 941.9kcal (47.1%), Fat: 46.74g (71.91%), Saturated Fat: 7.66g (47.9%), Carbohydrates: 92.23g (30.74%), Net Carbohydrates: 77.11g (28.04%), Sugar: 8.85g (9.83%), Cholesterol: 106.46mg (35.49%), Sodium: 2180.65mg (94.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.24g (84.49%), Vitamin D: 21.29µg (141.95%), Vitamin K: 104.58µg (99.6%), Phosphorus: 741.51mg (74.15%), Vitamin B12: 3.84µg (64.07%), Vitamin B1: 0.94mg (62.61%), Manganese: 1.22mg (60.97%), Fiber: 15.12g (60.48%), Selenium: 40.94µg (58.49%), Vitamin A: 2758.77IU (55.18%), Vitamin C: 41.21mg (49.96%), Vitamin B6: 0.96mg (47.86%), Vitamin B3: 9.17mg (45.84%), Potassium: 1439.05mg (41.12%), Vitamin E: 6.07mg (40.44%), Magnesium: 155.75mg (38.94%), Iron: 6.65mg (36.92%), Folate: 146.37µg (36.59%), Vitamin B2: 0.54mg (31.9%), Vitamin B5: 2.86mg (28.62%), Zinc: 3.79mg (25.24%), Copper: 0.45mg (22.74%), Calcium: 196.96mg (19.7%)