



Southwestern Fish Fillets

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



30

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb fish fillets
- 0.5 cup taco bellâ® & chunky salsa thick
- 2 Tbsp taco bellâ® taco seasoning mix
- 1 pkt. oven fry fish fry seasoned coating mix for fish
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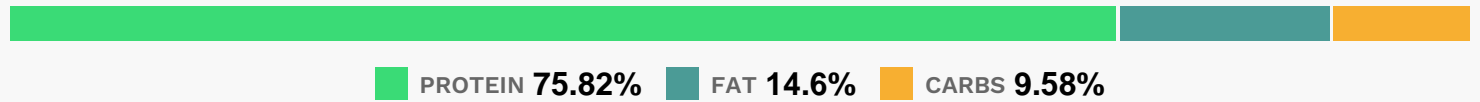
Equipment

- oven
- baking pan

Directions

- Preheat oven to 425F. Moisten fish fillets with water. Shake off excess.
- Add taco seasoning mix to the coating mix in shaker bag.
- Shake 1 or 2 fish fillets at a time with coating mixture.
- Place in 15x10x1-inch baking pan sprayed with cooking spray. Discard any remaining coating mixture.
- Bake 12 to 20 minutes or until fish flakes easily with fork.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.4982608602099%

Nutrients (% of daily need)

Calories: 16.1kcal (0.81%), Fat: 0.27g (0.41%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 0.39g (0.13%), Net Carbohydrates: 0.28g (0.1%), Sugar: 0.2g (0.22%), Cholesterol: 7.56mg (2.52%), Sodium: 50.54mg (2.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Selenium: 6.36µg (9.08%), Vitamin B12: 0.24µg (3.98%), Vitamin B3: 0.64mg (3.19%), Vitamin D: 0.47µg (3.12%), Phosphorus: 27.09mg (2.71%), Potassium: 56.84mg (1.62%), Vitamin B6: 0.03mg (1.61%), Magnesium: 4.73mg (1.18%)