



HEALTH SCORE

88%

Spiced Fish Wraps with Chile-Lime Slaw



Very Healthy

READY IN

**45 min.**

SERVINGS

**6**

CALORIES

**747 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots shredded
- ☐ 3 tablespoons chili powder divided
- ☐ 6 extra large whole-grain flour tortillas
- ☐ 2 teaspoons garlic finely minced
- ☐ 2 teaspoons ground cumin
- ☐ 1.5 cups guacamole prepared
- ☐ 0.8 teaspoon kosher salt
- ☐ 6 servings kosher salt

- ☐ 0.5 cup juice of lime fresh
- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 cup olive oil extra-virgin divided
- ☐ 1.5 cups pumpkin seeds salted
- ☐ 1 cup queso fresco cheese crumbled
- ☐ 1 bell pepper red cut into thin strips
- ☐ 0.3 cup onion red minced
- ☐ 2 tablespoons red wine vinegar
- ☐ 5 cups savoy cabbage shredded
- ☐ 2 pounds snapper fillets dry rinsed
- ☐ 2 tablespoons cup heavy whipping cream sour

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ grill
- ☐ microwave
- ☐ slotted spoon

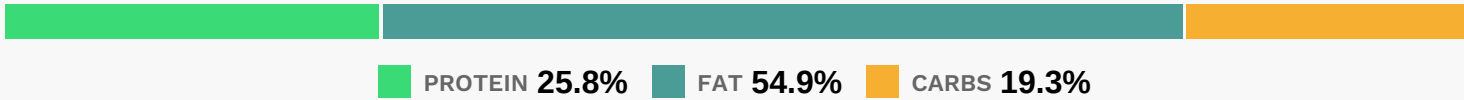
Directions

- ☐ Combine garlic, cumin, 1 tablespoon chili powder, and 3/4 teaspoon salt in a small bowl. Stir in lime juice and vinegar.
- ☐ Whisk in sour cream and mayonnaise. Slowly drizzle in 1/4 cup olive oil, whisking constantly. Stir in bell pepper, carrot, and red onion. Cover and chill at least 30 minutes.
- ☐ Brush fish with remaining 2 tablespoons olive oil, and rub with remaining 2 tablespoons chili powder and kosher salt to taste. Grill fish over medium-high heat (350 to 400°F) for 3 to 4 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ While fish cooks, wrap tortillas in damp paper towels; microwave on high 1 minute or until pliable. Using a slotted spoon, transfer bell pepper mixture from the dressing to a large bowl.

Stir in cilantro and serrano chiles, if desired.

- ☐
- Add cabbage, and toss thoroughly, adding additional dressing if desired.
- ☐
- Spread tortillas evenly with guacamole, leaving a 3-inch border at the bottom. Top evenly with fish, slaw, cheese, and pepitas. Fold the bottom edge up, and roll from one side to the other, encasing the filling.

Nutrition Facts



Properties

Glycemic Index:49.47, Glycemic Load:6.93, Inflammation Score:-10, Nutrition Score:53.92869617628%

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 Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 746.81kcal (37.34%), Fat: 47.1g (72.47%), Saturated Fat: 10.11g (63.22%), Carbohydrates: 37.26g (12.42%), Net Carbohydrates: 25.57g (9.3%), Sugar: 6.74g (7.49%), Cholesterol: 74.29mg (24.76%), Sodium: 1165.59mg (50.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.81g (99.63%), Vitamin A: 6418.8IU (128.38%), Vitamin D: 15.98µg (106.54%), Selenium: 73.27µg (104.68%), Manganese: 1.87mg (93.4%), Phosphorus: 882.09mg (88.21%), Vitamin B12: 4.89µg (81.53%), Vitamin K: 78.41µg (74.68%), Vitamin C: 61.09mg (74.05%), Magnesium: 273.32mg (68.33%), Vitamin B6: 1.15mg (57.27%), Fiber: 11.69g (46.77%), Potassium: 1612.67mg (46.08%), Vitamin E: 6.6mg (43.99%), Folate: 169.86µg (42.47%), Copper: 0.68mg (34.22%), Iron: 5.79mg (32.15%), Zinc: 4.41mg (29.4%), Calcium: 290.14mg (29.01%), Vitamin B3: 5.28mg (26.39%), Vitamin B5: 2.62mg (26.21%), Vitamin B1: 0.38mg (25.58%), Vitamin B2: 0.35mg (20.62%)