



WHATSheATE



Spicy Fish Tacos with Fresh Lime Sauce



Gluten Free



Popular

READY IN



30 min.

SERVINGS



5

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups coleslaw mix shredded (cabbage and carrots)
- ☐ 6 oz yogurt plain fat free
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 small jalapeno seeded finely chopped
- ☐ 1 teaspoon juice of lime
- ☐ 0.5 teaspoon lime zest grated
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt

- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons taco seasoning (from 1-oz package)
- ☐ 4.6 oz taco shells
- ☐ 1 medium tomatoes diced seeded
- ☐ 1 lb fish fillet white such as tilapia or catfish

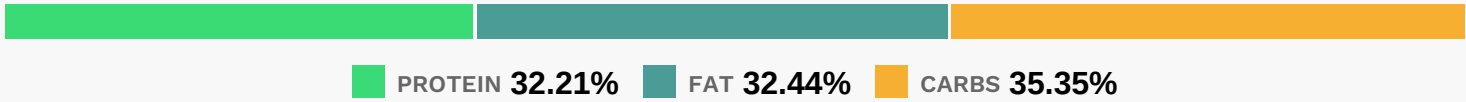
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sprinkle both sides of fish fillets with taco seasoning mix.
- ☐ Heat oil in 12-inch skillet until hot. Cook fish in oil 6 to 8 minutes over medium heat, turning once, until fish flakes easily with fork.
- ☐ Cut into bite-size chunks.
- ☐ Meanwhile, heat taco shells as directed on box.
- ☐ In large bowl, mix yogurt, lime peel, lime juice, sugar and salt. Stir in coleslaw mix, cilantro and jalapeo.
- ☐ Let stand 5 minutes.
- ☐ Spoon slightly less than 1/4 cup fish chunks and 1/4 cup coleslaw mixture into each taco shell; top each with about 1 tablespoon tomato.

Nutrition Facts



Properties

Glycemic Index:63.22, Glycemic Load:11.74, Inflammation Score:-6, Nutrition Score:18.060434797536%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg,

Naringenin: 0.18mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 279.59kcal (13.98%), Fat: 10.21g (15.71%), Saturated Fat: 2.84g (17.73%), Carbohydrates: 25.03g (8.34%), Net Carbohydrates: 21.31g (7.75%), Sugar: 6.57g (7.3%), Cholesterol: 46.04mg (15.35%), Sodium: 366.38mg (15.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.81g (45.61%), Selenium: 40.58µg (57.98%), Vitamin K: 50.79µg (48.37%), Vitamin C: 28.34mg (34.36%), Phosphorus: 289.85mg (28.98%), Vitamin B12: 1.64µg (27.35%), Vitamin B3: 4.39mg (21.94%), Vitamin D: 2.81µg (18.75%), Folate: 72.59µg (18.15%), Potassium: 583.69mg (16.68%), Vitamin B6: 0.32mg (15.97%), Magnesium: 62.59mg (15.65%), Manganese: 0.31mg (15.28%), Fiber: 3.72g (14.89%), Calcium: 128.47mg (12.85%), Vitamin B2: 0.19mg (11.02%), Vitamin B1: 0.15mg (10.31%), Vitamin E: 1.27mg (8.47%), Vitamin B5: 0.81mg (8.12%), Vitamin A: 402IU (8.04%), Zinc: 1.2mg (7.99%), Iron: 1.39mg (7.74%), Copper: 0.13mg (6.5%)