



Sweet-and-Spicy Salmon Tacos

READY IN



18 min.

SERVINGS



4

CALORIES



716 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce coleslaw mix shredded green red (10 cups and/or cabbage)
- ☐ 8 flour tortillas
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 4 servings mango pico de gallo
- ☐ 1 pound salmon fillet

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons mexican seasoning blend salt-free divided
- ☐ 0.5 cup cup heavy whipping cream sour

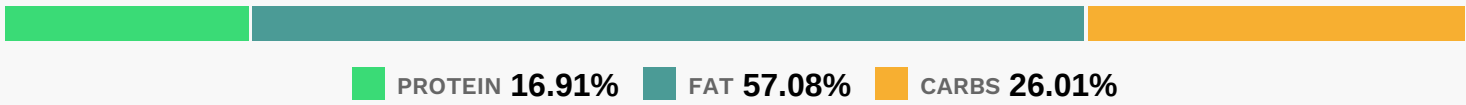
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 7 ingredients and 1 tablespoon Mexican seasoning blend in a bowl. Cover and chill until ready to serve.
- ☐ Sprinkle fish with remaining 1 tablespoon seasoning blend.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add fish, and cook 4 to 5 minutes on each side or until done. Break fish into small pieces.
- ☐ Heat tortillas according to package directions. Fill tortillas with cabbage mixture and salmon, top with Mango Pico de Gallo, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:11.22, Inflammation Score:-8, Nutrition Score:38.387391261432%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 715.94kcal (35.8%), Fat: 45.96g (70.71%), Saturated Fat: 10.17g (63.55%), Carbohydrates: 47.12g (15.71%), Net Carbohydrates: 38.87g (14.13%), Sugar: 9.45g (10.5%), Cholesterol: 91.09mg (30.36%), Sodium: 1133.27mg (49.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.64g (61.27%), Vitamin K: 193.45µg (184.24%),

Selenium: 57.2µg (81.71%), Vitamin B12: 3.7µg (61.67%), Vitamin B3: 12.25mg (61.23%), Vitamin B6: 1.2mg (60.21%), Vitamin C: 48.15mg (58.36%), Manganese: 0.91mg (45.7%), Vitamin B2: 0.74mg (43.77%), Vitamin B1: 0.65mg (43.62%), Phosphorus: 422.02mg (42.2%), Folate: 156.95µg (39.24%), Iron: 6.53mg (36.29%), Fiber: 8.26g (33.03%), Calcium: 300.73mg (30.07%), Potassium: 989.69mg (28.28%), Vitamin B5: 2.47mg (24.72%), Vitamin E: 3.64mg (24.28%), Copper: 0.44mg (21.84%), Magnesium: 84.98mg (21.24%), Vitamin A: 717.35IU (14.35%), Zinc: 1.61mg (10.73%)