



WHATSheATE



HEALTH SCORE

100%

Tex-Mex fish fillets



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet fish fillet boneless white such as haddock, hoki, pollock (140g 5oz each)
- ☐ 2 tbsp penzey's southwest seasoning
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 200 g guacamole
- ☐ 1 handful cilantro leaves roughly chopped
- ☐ 4 servings lime wedges

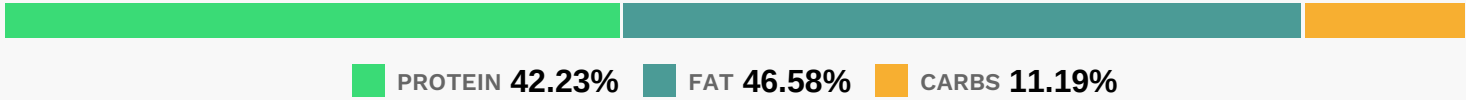
Equipment

- ☐ frying pan

Directions

- ☐ Dust the fish in the seasoning, then set aside.
- ☐ Heat the oil in a shallow frying pan, then fry for 3–4 mins on each side until crisp.
- ☐ Serve each piece of fish with a spoonful of guacamole on top, a scattering of chopped coriander and a lime wedge for squeezing.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.49, Inflammation Score:-6, Nutrition Score:26.169130428978%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 325.19kcal (16.26%), Fat: 17.56g (27.02%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 9.5g (3.17%), Net Carbohydrates: 2.95g (1.07%), Sugar: 0.66g (0.73%), Cholesterol: 85mg (28.33%), Sodium: 94.23mg (4.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.83g (71.66%), Selenium: 71.61µg (102.29%), Vitamin K: 62.31µg (59.34%), Vitamin B12: 2.69µg (44.77%), Vitamin E: 5.97mg (39.78%), Vitamin B3: 7.86mg (39.31%), Vitamin D: 5.27µg (35.13%), Phosphorus: 326.6mg (32.66%), Fiber: 6.55g (26.19%), Manganese: 0.51mg (25.35%), Folate: 99.51µg (24.88%), Potassium: 855.24mg (24.44%), Vitamin B6: 0.48mg (24.15%), Iron: 3.97mg (22.06%), Magnesium: 80.67mg (20.17%), Vitamin B5: 1.6mg (15.98%), Calcium: 142.02mg (14.2%), Copper: 0.27mg (13.61%), Vitamin B2: 0.21mg (12.53%), Vitamin B1: 0.12mg (7.82%), Zinc: 1.09mg (7.24%), Vitamin C: 5.73mg (6.95%), Vitamin A: 266.68IU (5.33%)