



WHATSheATE



HEALTH SCORE

55%

TILAPIA FISH TACOS (TACOS DE TILAPIA)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 small avocado diced



8 corn tortillas



1 Pound tilapia fish



2 tablespoons cilantro leaves fresh chopped



0.5 teaspoon ground cumin



2 juice of lime divided



1 cup lettuce shredded



1 tablespoon olive oil

- ☐ 2 tablespoons onion chopped
- ☐ 4 servings salt and pepper

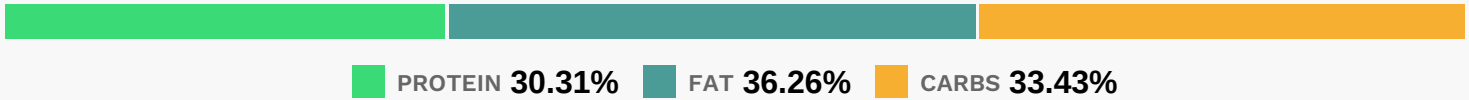
Equipment

- ☐ frying pan

Directions

- ☐ Place the fish on a plate and sprinkle with the cumin, salt, pepper and chili powder, if you want a kick.
- ☐ Drizzle with olive oil and the juice of 1 lime.Preheat a skillet over medium– high heat.
- ☐ Add the fish and cook until golden on the outside.
- ☐ Remove from the skillet and transfer to a plate.
- ☐ Combine the avocado, juice of 1 lime, onion, cilantro, salt and pepper and set aside.
- ☐ Heat the tortillas in an ungreased nonstick pan and wrap the tortillas in a clean towel to keep them warm.To assemble the tacos, place an equal amount of the tilapia in each tortilla, along with a big spoonful of the avocado mixture and top with shredded lettuce.
- ☐ Serve with favorite salsa on the side.

Nutrition Facts



Properties

Glycemic Index:46.63, Glycemic Load:10.64, Inflammation Score:-6, Nutrition Score:19.500869450362%

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 Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 342.82kcal (17.14%), Fat: 14.39g (22.14%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 29.86g (9.95%), Net Carbohydrates: 22.83g (8.3%), Sugar: 1.62g (1.8%), Cholesterol: 56.7mg (18.9%), Sodium: 282.56mg (12.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.07g (54.14%), Selenium: 50.85µg (72.64%), Phosphorus: 390.68mg (39.07%), Vitamin B3: 6.14mg (30.72%), Vitamin B12: 1.79µg (29.86%), Fiber: 7.04g (28.14%), Vitamin D: 3.52µg (23.44%), Vitamin B6: 0.45mg (22.37%), Magnesium: 86.56mg (21.64%), Potassium: 738.71mg (21.11%), Folate: 78.34µg (19.58%), Vitamin K: 19.33µg (18.41%), Manganese: 0.32mg (16.21%), Vitamin E: 2.22mg (14.82%), Copper: 0.27mg (13.69%), Vitamin B5: 1.35mg (13.49%), Vitamin C: 10.47mg (12.69%), Vitamin B2: 0.18mg (10.58%), Iron: 1.84mg (10.22%), Vitamin B1: 0.14mg (9.61%), Zinc: 1.44mg (9.59%), Calcium: 68.6mg (6.86%), Vitamin A: 189.04IU (3.78%)