



Tilapia Tacos with Peach Relish

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 8 6-inch corn tortillas ()
- ☐ 1 garlic clove minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 jalapeno seeded finely chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh

- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 2 cups peaches peeled finely chopped (2 medium)
- ☐ 0.5 cup onion red finely chopped
- ☐ 1 pound tilapia cut into 2-inch strips

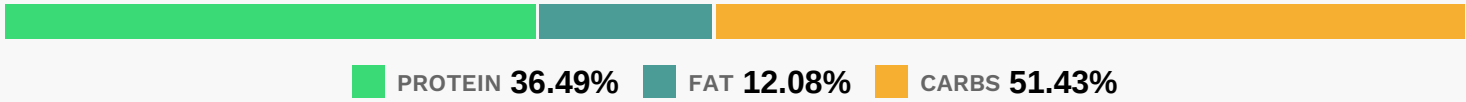
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ To prepare salsa, combine first 8 ingredients in a medium bowl.
- ☐ Let stand 30 minutes at room temperature.
- ☐ Preheat oven to 37
- ☐ Combine panko, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a medium bowl.
- ☐ Add fish to bowl, tossing to coat.
- ☐ Place fish in a single layer on a baking sheet coated with cooking spray.
- ☐ Bake at 375 for 10 minutes or until desired degree of doneness, turning once.
- ☐ Heat tortillas according to package directions. Divide fish and salsa evenly among tortillas.

Nutrition Facts



Properties

Glycemic Index:68.94, Glycemic Load:13.26, Inflammation Score:-7, Nutrition Score:18.201739062434%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Epigallocatechin 3–gallate: 0.23mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 295.9kcal (14.79%), Fat: 4.09g (6.29%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 39.14g (13.05%), Net Carbohydrates: 33.85g (12.31%), Sugar: 8.47g (9.41%), Cholesterol: 56.7mg (18.9%), Sodium: 439.22mg (19.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.78g (55.56%), Selenium: 54.32µg (77.6%), Phosphorus: 394.4mg (39.44%), Vitamin B3: 6.42mg (32.11%), Vitamin B12: 1.82µg (30.3%), Vitamin D: 3.52µg (23.44%), Fiber: 5.29g (21.18%), Magnesium: 80.8mg (20.2%), Vitamin B6: 0.38mg (19.01%), Manganese: 0.38mg (18.76%), Potassium: 597.98mg (17.09%), Vitamin B1: 0.2mg (13.34%), Copper: 0.26mg (12.92%), Vitamin C: 10.34mg (12.54%), Folate: 47.93µg (11.98%), Iron: 1.99mg (11.03%), Vitamin B2: 0.17mg (10.04%), Zinc: 1.4mg (9.32%), Vitamin E: 1.37mg (9.11%), Vitamin B5: 0.81mg (8.14%), Calcium: 77.76mg (7.78%), Vitamin A: 383.65IU (7.67%), Vitamin K: 5.93µg (5.64%)