



## Zippy Asian Fish Tacos

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup lite asian sesame dressing
- 8 6-inch corn tortillas (warmed)
- 5 cups coleslaw blend (cabbage slaw mix)
- 2 Tbsp real mayo (mayonnaise)
- 0.3 cup planters roasted peanuts (dry chopped)
- 1 pkt. shake 'n bake seasoned panko (seasoned coating mix)
- 2 Tbsp teriyaki sauce (reduced-sodium)
- 1 lb tilapia fillets

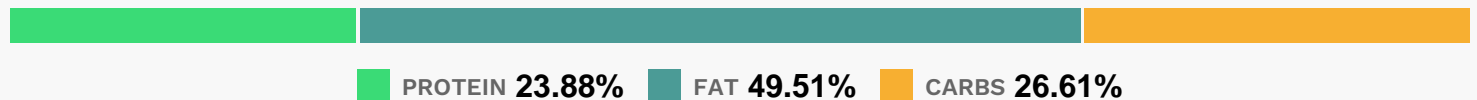
## Equipment

- baking sheet
- oven

## Directions

- Heat oven to 375F.
- Moisten fish with teriyaki sauce, then coat with coating mix as directed on package.
- Place on baking sheet sprayed with cooking spray.
- Bake 15 to 20 min. or until fish flakes easily with fork.
- Mix dressing and mayo until blended.
- Add to combined coleslaw blend and nuts; mix lightly. Top tortillas with fish and slaw mixture.

## Nutrition Facts



## Properties

Glycemic Index:36.13, Glycemic Load:11.35, Inflammation Score:-6, Nutrition Score:25.719565173854%

## Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 510.84kcal (25.54%), Fat: 29g (44.61%), Saturated Fat: 4.64g (28.99%), Carbohydrates: 35.06g (11.69%), Net Carbohydrates: 28.23g (10.26%), Sugar: 7.78g (8.64%), Cholesterol: 59.6mg (19.87%), Sodium: 947.28mg (41.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.47g (62.95%), Vitamin K: 96.83µg (92.22%), Selenium: 52.76µg (75.36%), Phosphorus: 451.05mg (45.11%), Vitamin C: 32.03mg (38.82%), Vitamin B3: 7.32mg (36.62%), Manganese: 0.61mg (30.63%), Vitamin B12: 1.8µg (30%), Fiber: 6.84g (27.34%), Magnesium: 106.37mg (26.59%), Vitamin B6: 0.47mg (23.69%), Vitamin D: 3.53µg (23.53%), Potassium: 737.89mg (21.08%), Vitamin E: 3.14mg (20.9%), Folate: 80.63µg (20.16%), Iron: 2.24mg (12.44%), Copper: 0.25mg (12.28%), Vitamin B1: 0.17mg (11.41%), Zinc: 1.61mg (10.73%), Calcium: 104.51mg (10.45%), Vitamin B2: 0.17mg (10.15%), Vitamin B5: 1mg (9.99%), Vitamin A: 102.53IU (2.05%)