



Zippy Asian Fish Tacos

 Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

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 kraft
- 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

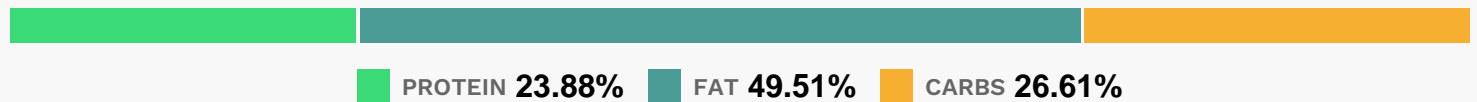
Equipment

- 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:4.13, Glycemic Load:1.3, Inflammation Score:-1, Nutrition Score:2.9386956477943%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 58.38kcal (2.92%), Fat: 3.31g (5.1%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 3.23g (1.17%), Sugar: 0.89g (0.99%), Cholesterol: 6.81mg (2.27%), Sodium: 108.26mg (4.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.19%), Vitamin K: 11.07µg (10.54%), Selenium: 6.03µg (8.61%), Phosphorus: 51.55mg (5.15%), Vitamin C: 3.66mg (4.44%), Vitamin B3: 0.84mg (4.19%), Manganese: 0.07mg (3.5%), Vitamin B12: 0.21µg (3.43%), Fiber: 0.78g (3.12%), Magnesium: 12.16mg (3.04%), Vitamin B6: 0.05mg (2.71%), Vitamin D: 0.4µg (2.69%), Potassium: 84.33mg (2.41%), Vitamin E: 0.36mg (2.39%), Folate: 9.21µg (2.3%), Iron: 0.26mg (1.42%), Copper: 0.03mg (1.4%), Vitamin B1: 0.02mg (1.3%), Zinc: 0.18mg (1.23%), Calcium: 11.94mg (1.19%), Vitamin B2: 0.02mg (1.16%), Vitamin B5: 0.11mg (1.14%)