

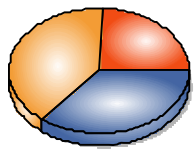


Fish Tacos with Cabbage Slaw

By: Adapted from Cooking Light 6/2006 by DrJez LLC

Recipe grams: 594.60g/21.0oz

Serves 2 297.30g/10.5oz per serving



Protein: 31%
Carbohydrates: 34%
Fat: 35%

INGREDIENTS

2 plum-tomato TOMATO, RED, RIPE, RAW
1/2 cup CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)
2 fl oz LIME JUICE, RAW
2 dash SALT, TABLE
2 tsp CHILI POWDER
4 enchiladas TORTILLA, CORN, RTC
2 cup CABBAGE, RAW
2 tsp OLIVE OIL
6 oz WHITEFISH, COOKED

DIRECTIONS

Combine Cabbage and next 5 ingredients. Toss to coat. Sprinkle Catfish with Chili Powder. Cook in pan lightly coated with cooking spray for 3 minutes per side until done.. Cut into strips. Fold into tortilla with cabbage mixture. Serve with remaining mixture.

Nutrition Facts

Serving Size: 1 serving (297.3g)

Servings: 1

Amount Per Serving	
Calories 310	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 65mg	20%
Sodium 270mg	10%
Total Carbohydrate 27g	10%
Dietary Fiber 6g	25%
Sugars 5g	
Protein 25g	
Vitamin A 35%	Vitamin C 70%
Calcium 10%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet.	