

Recipe Analyzer Results

A single serving of this recipe has 683 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 5

Amount per serving

Calories 683

% Daily Value\*

Total Fat 31.7g	41%
Saturated Fat 5.8g	29%
Cholesterol 154mg	51%
Sodium 491mg	21%
Total Carbohydrate 38.4g	14%
Dietary Fiber 7.7g	28%
Total Sugars 7.3g	
Protein 60.5g	
Vitamin D 0mcg	0%
Calcium 181mg	14%
Iron 6mg	35%

Ingredients:

- 2 large snapper or trout fillets, bones removed, about 350 to 500 g (12 to 16 oz) total
- Roasted Red Chili Paste Sauces & Pastes Thai Kitchen
- 60 ml (4 tbsp) all purpose flour
- 30 ml (2 tbsp) extra virgin olive oil
- 125 ml (1/2 cup) 1% fat plain yogurt
- 30 ml (2 tbsp) fresh salsa or chipotle salsa
- 5 small whole grain flour tortillas
- 1/2 small nappa cabbage, shredded or coleslaw
- 1 carrot, grated
- 1 large tomato, diced
- 1/2 medium avocado, diced
- 10 ml (2 tsp) chopped cilantro
- 1 lime, sliced into wedges

Potassium 1276mg

27%

## Nutrition Facts

Servings: 5

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**