

Recipe Analyzer Results

A single serving of this recipe has 551 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: 4

Amount per serving

Calories 551

% Daily Value*

Total Fat 25.9g 33%

Saturated Fat 3.9g 20%

Cholesterol 154mg 51%

Sodium 200mg 9%

Total Carbohydrate 10.5g 4%

Dietary Fiber 0.5g 2%

Total Sugars 7.9g

Protein 67.5g

Vitamin D 0mcg 0%

Calcium 274mg 21%

Iron 3mg 14%

Ingredients:

- 30 ml (2 tbsp) extra virgin olive oil
- 30 ml (2 tbsp) lemon juice (about 1 lemon)
- 5 ml (1 tsp) ground cumin
- 625 ml (2 1/2 cups) cooked flaky white fish (like cod)
- 125 ml (1/2 cup) 0% plain Greek yogurt
- 15 ml (1 tbsp) extra virgin olive oil
- 30 ml (2 tbsp) lime juice (about 1 lime)
- 5 ml (1 tsp) garlic powder
- 1/2 head lettuce, chopped
- 5 ml (1 tsp) dried cilantro
- 1 Salt and pepper to taste
- 8 small whole grain corn tortillas

Potassium 1149mg

24%

Nutrition Facts

Servings: 4

**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**