

Fish Tacos with Chipotle Dressing

Yield: 8 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-fish-fillet-recipe>

Ingredients:

- 4 fish fillets tilapia, thawed
- old bay seasoning
- 1/2 cup sour cream
- 1 tablespoon lime juice
- 1 teaspoon sauce adobe, from chipotle peppers
- chopped cilantro fresh palmful of
- slaw mix
- corn tortillas
- cheddar cheese shredded – if desired

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 50 milligrams
4. Fat: 4.5 grams
5. Fiber: 1 grams
6. Protein: 17 grams
7. SaturatedFat: 2 grams
8. Sodium: 100 milligrams
9. Sugar: 1 grams

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