

Cornmeal-Dusted Lingcod Tacos

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1 pound lingcod
- 12 corn tortillas
- 3 tablespoons oil
- 3/4 cup cornmeal
- 1 teaspoon chipotle powder or preferred spice blend
- salt
- pepper
- 1/3 head red cabbage
- 3 carrots grated
- 1/2 red onion diced
- 1 jalapeño diced
- 1 green onion chopped
- 1 handful cilantro
- 1/2 lime
- 1/4 cup sour cream
- 1/4 cup mayonnaise
- salt
- pepper

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 70 grams
3. Cholesterol: 100 milligrams
4. Fat: 24 grams
5. Fiber: 12 grams
6. Protein: 30 grams
7. SaturatedFat: 4.5 grams

8. Sodium: 670 milligrams

9. Sugar: 9 grams

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