

# Tortilla Tilapia Tacos

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 4 fillets tilapia Tortilla Crust, by Sea Cuisine
- 8 flour tortillas soft
- 2 limes
- 1/2 cup sour cream
- 1/2 cup salsa fresh
- 1 cup shredded lettuce

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 75 milligrams
4. Fat: 15 grams
5. Fiber: 5 grams
6. Protein: 32 grams
7. SaturatedFat: 6 grams
8. Sodium: 860 milligrams
9. Sugar: 5 grams

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