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Fish Enchiladas Mondito ♦

Fish Enchiladas Mondito is a delicious Mexican dish that originated in the coastal region of Mexico. It is made with fresh fish fillets, wrapped in tortillas, and topped with a flavorful enchilada sauce. This dish is typically served with rice, beans, and a side of guacamole.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|-----------------|-----------------|
| 500 g | Fish Fillets |
| 8 pieces | tortillas |
| 2 c | enchilada sauce |
| 2 c | Rice |

| | |
|-----|-----------|
| 1 c | beans |
| 1 c | Guacamole |

Directions

Step 1

Oven

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Season the fish fillets with salt and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grilling

Grill the fish fillets for 5 minutes on each side.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Wrap the fish fillets in tortillas and place them in a baking dish.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Pour the enchilada sauce over the fish enchiladas.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Baking

Bake the fish enchiladas in the preheated oven for 15 minutes.

Prep Time: 0 mins

Cook Time: 15 mins

Step 7

Serve the fish enchiladas with rice, beans, and guacamole.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 20 g | 117.65% | 117.65% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 30 g | 54.55% | 60% |
| Fibers | 5 g | 13.16% | 20% |
| Sugars | 2 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 5 g | N/A | N/A |
| Saturated Fat | 2 g | 9.09% | 11.76% |
| Fat | 10 g | 35.71% | 40% |
| Cholesterol | 50 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 15 mg | 16.67% | 20% |
| Vitamin B6 | 10 mg | 769.23% | 769.23% |
| Vitamin B12 | 20 mcg | 833.33% | 833.33% |
| Vitamin E | 8 mg | 53.33% | 53.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Sodium | 800 mg | 34.78% | 34.78% |
| Calcium | 10 mg | 1% | 1% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Iron | 15 mg | 187.5% | 83.33% |
| Potassium | 500 mg | 14.71% | 19.23% |
| Zinc | 15 mg | 136.36% | 187.5% |
| Selenium | 20 mcg | 36.36% | 36.36% |

Recipe Attributes

Cuisines

Mexican Spanish American

Course

Drinks Salads Sauces & Dressings Main Dishes

Events

Picnic

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Slow Cooker

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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