

Almond and Coconut Crusted Tilapia

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



6

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup almonds toasted chopped
- 1 tablespoon brown sugar
- 15 ounce pineapple crushed drained canned
- 1 cup coconut or flaked
- 3 eggs beaten
- 1 pinch nutmeg
- 0.5 cup onion chopped
- 1 tablespoon sesame seed

30 ounce fillets tilapia

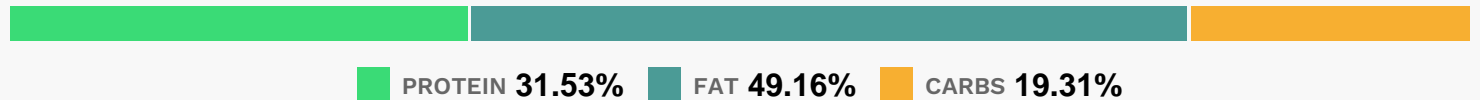
Equipment

- oven
- mixing bowl
- baking pan

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Butter a large baking dish.
- Place the beaten eggs in a shallow dish.
- Mix the almonds, coconut, sesame seeds, brown sugar, and nutmeg together in a mixing bowl. Stir the pineapple and onion together in a separate bowl. Dip each tilapia fillet into the beaten egg and then press into the almond mixture.
- Place the coated tilapia into the prepared dish.
- Spread the pineapple mixture over the coated fillets.
- Bake in the preheated oven until the fish flakes easily with a fork, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:0.58, Inflammation Score:-7, Nutrition Score:26.76869554105%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 463.01kcal (23.15%), Fat: 26.35g (40.54%), Saturated Fat: 10.68g (66.73%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 16.66g (6.06%), Sugar: 14.82g (16.47%), Cholesterol: 152.71mg (50.9%), Sodium: 112.4mg (4.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.02g (76.04%), Selenium: 70.44µg (100.63%), Manganese: 1.05mg (52.41%), Vitamin E: 6.98mg (46.55%), Phosphorus: 446mg (44.6%), Vitamin B12: 2.44µg (40.59%), Vitamin B3: 6.78mg (33.89%), Magnesium: 135.14mg (33.79%), Vitamin D: 4.83µg (32.23%), Copper: 0.62mg (30.93%), Vitamin B2: 0.5mg (29.27%), Fiber: 6.63g (26.51%), Potassium: 826.89mg (23.63%), Vitamin B6: 0.42mg (21.15%), Iron: 2.97mg (16.52%), Folate: 63.64µg (15.91%), Vitamin B1: 0.21mg (14.25%), Zinc: 1.98mg (13.21%), Vitamin B5: 1.27mg (12.72%), Calcium: 123.66mg (12.37%), Vitamin C: 7.87mg (9.53%), Vitamin A: 155.03IU (3.1%), Vitamin K: 2.64µg (2.52%)