



Almond-Crusted Tilapia

READY IN



24 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup almonds divided sliced
- ☐ 2 tablespoons butter
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 24 oz tilapia fillets

Equipment

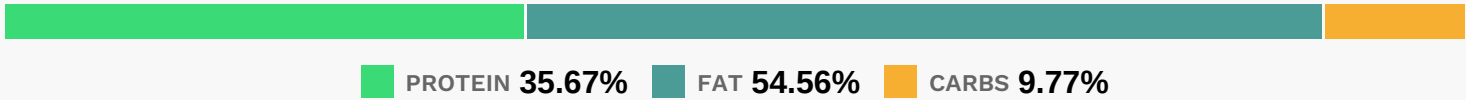
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Process 1/2 cup almonds in a food processor until finely chopped, and combine with 1/4 cup flour in a shallow bowl.
- ☐ Sprinkle fish evenly with salt; dredge in almond mixture.
- ☐ Melt butter with olive oil in a large heavy skillet over medium heat; add fish, and cook 4 minutes on each side or until golden.
- ☐ Remove fillets to a serving plate.
- ☐ Add remaining 1/2 cup almonds to skillet, and cook, stirring often, 1 minute or until golden.
- ☐ Remove almonds with a slotted spoon, and sprinkle over fish.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:4.52, Inflammation Score:-6, Nutrition Score:23.494347966236%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 436.97kcal (21.85%), Fat: 27.12g (41.73%), Saturated Fat: 6.45g (40.28%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 7.85g (2.85%), Sugar: 1.03g (1.14%), Cholesterol: 100.1mg (33.37%), Sodium: 424.67mg (18.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.9g (79.8%), Selenium: 74.76µg (106.8%), Vitamin E: 7.74mg (51.62%), Vitamin B12: 2.7µg (44.99%), Phosphorus: 409.91mg (40.99%), Vitamin B3: 7.94mg (39.68%), Vitamin D:

5.27µg (35.15%), Manganese: 0.64mg (32.13%), Magnesium: 109.89mg (27.47%), Vitamin B2: 0.41mg (24.14%), Potassium: 692.45mg (19.78%), Copper: 0.38mg (18.8%), Folate: 65.45µg (16.36%), Vitamin B6: 0.31mg (15.54%), Fiber: 3.09g (12.34%), Iron: 2.21mg (12.29%), Vitamin B1: 0.18mg (11.9%), Vitamin B5: 0.98mg (9.78%), Zinc: 1.34mg (8.94%), Calcium: 81.98mg (8.2%), Vitamin K: 7.11µg (6.77%), Vitamin A: 175.16IU (3.5%)