



Almond-Crusted Tilapia

 Dairy Free

READY IN



11 min.

SERVINGS



2

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup natural almonds whole
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons breadcrumbs dry
- ☐ 1 teaspoon garlic and herb seasoning blend salt-free (such as Mrs. Dash)
- ☐ 12 ounce tilapia fillets

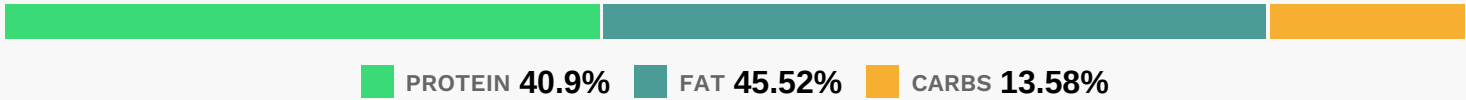
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Place first 4 ingredients in a blender or food processor; process 45 seconds or until finely ground.
- ☐ Transfer crumb mixture to a shallow dish.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Brush mustard over both sides of fillets; dredge in crumb mixture.
- ☐ Add fish to pan; cook 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Sprinkle with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:0.23, Inflammation Score:-6, Nutrition Score:24.768261051048%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 379.59kcal (18.98%), Fat: 19.7g (30.31%), Saturated Fat: 2.37g (14.8%), Carbohydrates: 13.23g (4.41%), Net Carbohydrates: 9.15g (3.33%), Sugar: 1.61g (1.78%), Cholesterol: 85.05mg (28.35%), Sodium: 244.97mg (10.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.83g (79.67%), Selenium: 77.02µg (110.03%), Vitamin E: 6.97mg (46.45%), Vitamin B12: 2.72µg (45.38%), Vitamin B3: 8.11mg (40.54%), Phosphorus: 403.59mg (40.36%), Manganese: 0.73mg (36.67%), Vitamin D: 5.27µg (35.15%), Magnesium: 108.96mg (27.24%), Vitamin K: 23.67µg

(22.54%), Vitamin B2: 0.37mg (21.73%), Potassium: 708.28mg (20.24%), Copper: 0.36mg (18%), Iron: 3.14mg (17.43%), Vitamin B6: 0.34mg (17.17%), Folate: 65.78µg (16.44%), Fiber: 4.09g (16.34%), Vitamin B1: 0.22mg (14.78%), Calcium: 128.03mg (12.8%), Vitamin B5: 1.01mg (10.14%), Zinc: 1.38mg (9.2%)