



Artichoke-Parmesan Stuffed Tilapia

READY IN



45 min.

SERVINGS



4

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 teaspoons parsley fresh chopped
- ☐ 1 slice bread cubed
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 0.3 teaspoon salt
- ☐ 5 ounce tilapia thin
- ☐ 6 ounce marinated artichoke drained chopped

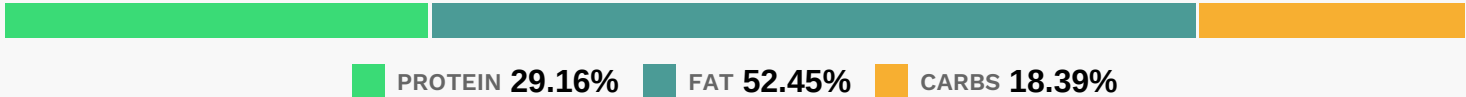
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Sprinkle salt and pepper over both sides of tilapia fillets; set aside.
- ☐ Combine artichokes, bread cubes, Parmesan cheese, and oregano in a medium bowl; mix well.
- ☐ Brush each fillet with 1/2 teaspoon olive oil; top with 1/4 of the artichoke mixture.
- ☐ Bake until fish pulls apart easily with a fork (about 15 minutes).
- ☐ Sprinkle each serving with 1 teaspoon chopped fresh parsley just before serving.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:1.83, Inflammation Score:-6, Nutrition Score:5.9765216578608%

Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 122.53kcal (6.13%), Fat: 7.04g (10.84%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 4.15g (1.51%), Sugar: 0.75g (0.83%), Cholesterol: 18.81mg (6.27%), Sodium: 378.92mg (16.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.62%), Selenium: 17.07µg (24.39%), Vitamin C: 9.07mg (10.99%), Manganese: 0.19mg (9.63%), Vitamin B12: 0.58µg (9.61%), Vitamin A: 449.63IU (8.99%), Vitamin B3: 1.71mg (8.54%), Phosphorus: 83.63mg (8.36%), Vitamin D: 1.1µg (7.37%), Fiber: 1.41g (5.65%), Vitamin K: 5.67µg (5.4%), Iron: 0.81mg (4.51%), Magnesium: 16.34mg (4.08%), Calcium: 39.3mg (3.93%), Vitamin B6: 0.08mg (3.83%), Potassium: 132.23mg (3.78%), Vitamin E: 0.52mg (3.48%), Folate: 12.29µg (3.07%), Vitamin B1: 0.04mg (2.86%), Vitamin B2: 0.04mg (2.35%), Copper: 0.05mg (2.32%), Vitamin B5: 0.23mg (2.29%), Zinc: 0.3mg (2.03%)