



Baked Costa Rican-Style Tilapia with Pineapples, Black Beans and Rice

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



95 min.

SERVINGS



4

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans drained and rinsed canned
- 0.3 cup cilantro leaves fresh plus more for garnish finely chopped
- 2 garlic cloves minced
- 1 juice of lime juiced
- 4 servings kosher salt and pepper black freshly ground
- 2 limes thinly sliced
- 2 cups chicken broth low-sodium

- 2 tablespoons olive oil
- 0.3 cup orange juice freshly squeezed
- 2 cups pineapple fresh diced
- 2 cups tomato salsa homemade jarred
- 1 teaspoon sugar
- 20 ounce tilapia fillets dry rinsed
- 1 cup rice long-grain white

Equipment

- oven
- whisk
- mixing bowl
- pot
- baking pan

Directions

- Combine the rice and chicken broth in a pot over medium heat and bring to a boil. Reduce the heat to low, cover, and cook until the rice is tender and has absorbed all of the liquid, about 20 minutes.
- Preheat the oven to 400 degrees F.
- In a mixing bowl, whisk together the orange juice, lime juice, oil, 2 tablespoons of the cilantro, the garlic, and sugar; season with salt and pepper.
- Add the tilapia fillets to the marinade, turning to coat. Marinate in the refrigerator for 20 minutes, turning occasionally.
- Stir together the cooked rice, salsa, beans, pineapple, and remaining 2 tablespoons of the cilantro in a 2 or 3-quart baking dish.
- Remove the tilapia from the marinade, reserve the marinade, and lay the fish fillets over the rice mixture, overlapping if necessary.
- Pour the reserved marinade over the fish. Shingle the lime slices over the fish.
- Bake until the fish flakes easily, is opaque, and cooked through, 25 to 30 minutes.

Garnish with chopped cilantro before serving.

Nutrition Facts



Properties

Glycemic Index:101.49, Glycemic Load:32.9, Inflammation Score:-8, Nutrition Score:37.489565061486%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 16.93mg, Hesperetin: 16.93mg, Hesperetin: 16.93mg, Hesperetin: 16.93mg Naringenin: 1.5mg, Naringenin: 1.5mg, Naringenin: 1.5mg, Naringenin: 1.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 587.83kcal (29.39%), Fat: 11.29g (17.37%), Saturated Fat: 2.24g (14%), Carbohydrates: 82.98g (27.66%), Net Carbohydrates: 70.51g (25.64%), Sugar: 16.68g (18.53%), Cholesterol: 70.87mg (23.62%), Sodium: 682.06mg (29.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.46g (86.93%), Selenium: 68.81µg (98.31%), Manganese: 1.84mg (91.89%), Vitamin C: 73.92mg (89.6%), Vitamin B3: 10.6mg (53.01%), Phosphorus: 502.34mg (50.23%), Fiber: 12.47g (49.9%), Potassium: 1441.23mg (41.18%), Copper: 0.82mg (41.16%), Vitamin B12: 2.36µg (39.29%), Folate: 141.91µg (35.48%), Vitamin B6: 0.69mg (34.67%), Magnesium: 127.44mg (31.86%), Iron: 5.58mg (30.97%), Vitamin D: 4.39µg (29.29%), Vitamin B1: 0.42mg (28.33%), Vitamin B2: 0.38mg (22.37%), Vitamin E: 3.28mg (21.86%), Vitamin B5: 1.99mg (19.94%), Vitamin K: 16.79µg (15.99%), Zinc: 2.16mg (14.43%), Calcium: 138.64mg (13.86%), Vitamin A: 431.91IU (8.64%)