



Baked Teriyaki Tilapia

 Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup lite asian sesame dressing toasted kraft
- 1.5 cups rice white instant uncooked
- 16 oz stir-fry vegetables red frozen (broccoli, carrots, peppers, snow peas)
- 2 Tbsp teriyaki sauce reduced-sodium
- 1.5 lb tilapia fillets
- 1 cup water

Equipment

- oven

baking pan

Directions

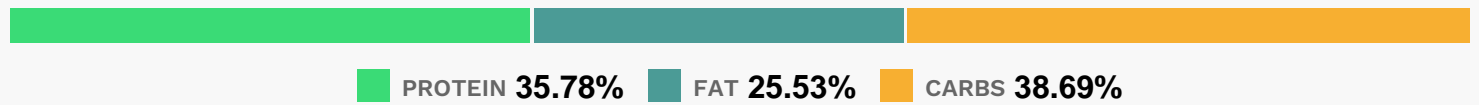
Heat oven to 375F.

Combine vegetables, rice, water and teriyaki sauce in 13x9-inch baking dish sprayed with cooking spray.

Top with fish; drizzle with dressing.

Bake 30 min. or until fish flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:1.29, Glycemic Load:0.55, Inflammation Score:-5, Nutrition Score:3.5960869815039%

Nutrients (% of daily need)

Calories: 52.43kcal (2.62%), Fat: 1.51g (2.32%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 5.14g (1.71%), Net Carbohydrates: 4.53g (1.65%), Sugar: 0.34g (0.38%), Cholesterol: 9.72mg (3.24%), Sodium: 80.11mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.52%), Selenium: 9.6µg (13.71%), Vitamin A: 658.95IU (13.18%), Vitamin B3: 1.19mg (5.96%), Vitamin B12: 0.31µg (5.12%), Phosphorus: 47.51mg (4.75%), Folate: 18.64µg (4.66%), Vitamin D: 0.6µg (4.02%), Vitamin B1: 0.06mg (3.88%), Manganese: 0.08mg (3.76%), Iron: 0.5mg (2.76%), Potassium: 93.23mg (2.66%), Vitamin B6: 0.05mg (2.47%), Fiber: 0.61g (2.45%), Magnesium: 9.57mg (2.39%), Copper: 0.04mg (1.76%), Vitamin C: 1.35mg (1.63%), Vitamin K: 1.61µg (1.53%), Vitamin B2: 0.03mg (1.47%), Vitamin B5: 0.13mg (1.34%), Vitamin E: 0.2mg (1.32%), Zinc: 0.18mg (1.2%)