



## Baked Tilapia with Cauliflower & Carrots

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



6

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup pickled carrots canned drained
- 2 cups cauliflower florets coarsely chopped
- 2 cloves garlic minced
- 0.3 cup real mayo mayonnaise kraft
- 0.3 tsp paprika
- 0.5 lb potatoes red cut into 1/2-inch cubes
- 1.5 lb tilapia fillets

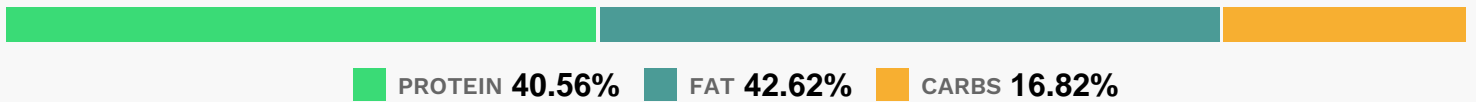
### Equipment

- baking sheet
- oven
- knife
- baking pan
- aluminum foil

## Directions

- Preheat oven to 375F.
- Mix mayo and garlic; set aside.
- Combine vegetables; spoon evenly onto centers of six 12-inch squares of heavy-duty foil. Top each with 1 fish fillet.
- Sprinkle with paprika. Bring up foil sides. Double fold top and ends to seal each packet, leaving room for heat circulation inside.
- Place packets in 15x10x1-inch baking pan or on baking sheet.
- Bake 30 min. or until fish flakes easily with fork.
- Remove packets from oven; let stand 5 min.
- Cut slits in foil with sharp knife to release steam before opening each packet.
- Serve topped with mayo mixture.

## Nutrition Facts



## Properties

Glycemic Index:28.97, Glycemic Load:1.13, Inflammation Score:-10, Nutrition Score:18.938260907712%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

## Nutrients (% of daily need)

Calories: 238.78kcal (11.94%), Fat: 11.45g (17.62%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 8.2g (2.98%), Sugar: 2.23g (2.47%), Cholesterol: 61.93mg (20.64%), Sodium: 169.75mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.52g (49.04%), Vitamin A: 3621.97IU (72.44%), Selenium: 48.24µg (68.92%), Vitamin B12: 1.81µg (30.11%), Vitamin K: 31.04µg (29.57%), Vitamin B3: 5.26mg (26.28%), Vitamin C: 20.89mg (25.32%), Phosphorus: 242.41mg (24.24%), Vitamin D: 3.54µg (23.6%), Potassium: 691.07mg (19.74%), Vitamin B6: 0.35mg (17.71%), Folate: 57.77µg (14.44%), Magnesium: 47.04mg (11.76%), Manganese: 0.2mg (9.83%), Vitamin B5: 0.97mg (9.68%), Copper: 0.16mg (8.22%), Fiber: 1.96g (7.84%), Vitamin B1: 0.11mg (7.43%), Vitamin E: 1.06mg (7.08%), Vitamin B2: 0.12mg (7.07%), Iron: 1.18mg (6.55%), Zinc: 0.67mg (4.5%), Calcium: 32.52mg (3.25%)