

Baked Tilapia with Sun-dried Tomato Parmesan Crust

READY IN



30 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup breadcrumbs fine
- 2 teaspoons penzey's southwest seasoning italian
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 2 teaspoons paprika
- 1 teaspoon salt
- 2 Tbsp parmesan cheese grated
- 8 sun-dried olives packed in oil

- 2 tablespoons olive oil extra virgin
- 4 fillet tilapia
- 0.3 cup flour for dusting
- 1 eggs beaten
- 2 cups berries mixed frozen well (work)
- 2 teaspoons sugar
- 0.3 cup water

Equipment

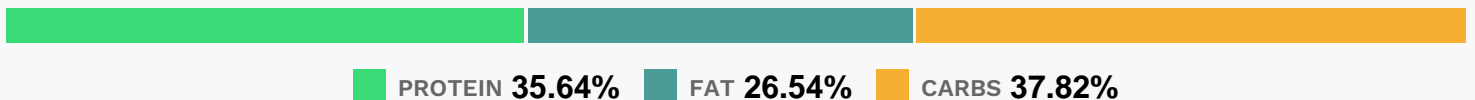
- food processor
- bowl
- frying pan
- sauce pan
- oven
- baking pan
- roasting pan
- potato masher

Directions

- Place the breadcrumbs, seasoning, onion powder, garlic powder, paprika, salt, and Parmesan cheese in a food processor and pulse until well mixed.
- Add the sun-dried tomatoes and olive oil and pulse until the consistency of a coarse meal.
- Prep pan and preheat oven:
- Spread some olive oil along the bottom of a roasting pan and set aside. Preheat the oven to 350°F.
- Dredge tilapia fillets in flour, egg, breading: Rinse off the tilapia fillets with water and pat dry.
- Spread flour on a plate.
- Place beaten egg in a shallow bowl next to the flour.

- Place breadcrumb mixture in a bowl next to the egg. Put a large plate next to the breadcrumb mixture.
- Working one by one, dredge the tilapia fillets first in the flour until lightly coated, then dip in the beaten egg until coated and let the excess drip off.
- Place a small handful of the breadcrumb mixture on the large plate and place the fillet on top of it.
- Sprinkle a generous amount of breadcrumb mixture over the top of the fillet and press down with your fingers. When both sides are well breaded, gently transfer the fillet to the roasting pan.
- Bake in oven:
- Place the baking pan with the tilapia fillets in the oven and bake at 350°F for 15 minutes, until the tilapia is just cooked through, and the fillets easily flake with a fork. (If serving with berry sauce, you can make the sauce while the fish cooks.)
- Remove from oven and let sit for a minute or two before serving.
- Serve with slices of lemon with which to drizzle over the fish, and/or the optional berry sauce.
- Place the berries in a small saucepan.
- Add a 1/4 cup of water and sprinkle with sugar. Bring to a simmer and gently crush the berries a little with a potato masher or the back of a fork, just enough to break up the larger berries. Cook gently uncovered for several minutes, until the sauce is reduced to a syrup.

Nutrition Facts



Properties

Glycemic Index:50.02, Glycemic Load:7.75, Inflammation Score:-8, Nutrition Score:28.115652374599%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg

1.36mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 468.69kcal (23.43%), Fat: 14.04g (21.6%), Saturated Fat: 3.16g (19.72%), Carbohydrates: 45.03g (15.01%), Net Carbohydrates: 39.33g (14.3%), Sugar: 12.08g (13.42%), Cholesterol: 128.1mg (42.7%), Sodium: 935.42mg (40.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.42g (84.85%), Selenium: 86.45µg (123.51%), Vitamin B3: 10.04mg (50.2%), Vitamin B12: 2.91µg (48.54%), Phosphorus: 418.31mg (41.83%), Vitamin K: 39.08µg (37.22%), Manganese: 0.74mg (36.79%), Vitamin D: 5.5µg (36.68%), Vitamin B1: 0.48mg (31.94%), Folate: 109.54µg (27.39%), Iron: 4.69mg (26.06%), Potassium: 849.18mg (24.26%), Vitamin B2: 0.4mg (23.65%), Vitamin B6: 0.46mg (22.96%), Fiber: 5.7g (22.79%), Magnesium: 83.94mg (20.98%), Vitamin E: 2.97mg (19.77%), Copper: 0.34mg (16.91%), Calcium: 153.81mg (15.38%), Vitamin B5: 1.44mg (14.4%), Vitamin A: 686.1IU (13.72%), Zinc: 1.59mg (10.57%), Vitamin C: 3.81mg (4.62%)