



## BBQ Mango Tilapia

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

READY IN



**45 min.**

SERVINGS



**2**

CALORIES



**197 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons brown sugar loosely packed ()
- 0.3 cup tomato sauce canned
- 2 teaspoons cider vinegar
- 1 tablespoon cilantro leaves chopped for garnish
- 0.5 teaspoon garlic powder
- 2 tablespoons catsup
- 0.3 cup mangos diced
- 1 ounce apricot-mango nectar

- 1 teaspoon blackstrap molasses
- 9 ounce fillets tilapia raw
- 0.3 cup tomatoes diced

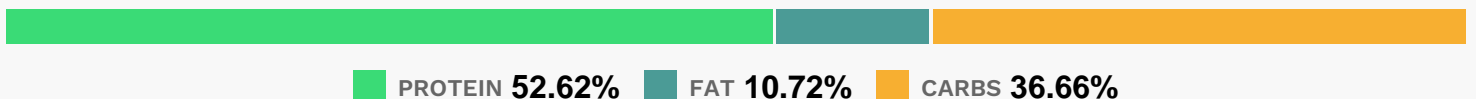
## Equipment

- bowl
- frying pan
- whisk
- stove

## Directions

- In a medium bowl, combine tomato sauce, mango nectar, ketchup, brown sugar, vinegar, molasses, and garlic powder.
- Whisk thoroughly, and then stir in diced tomatoes and mango.
- Place fish and sauce in a container and toss to coat. Cover and let it marinate in the refrigerator for 30 minutes.
- Bring a skillet sprayed with nonstick spray to medium heat on the stove.
- Add fish and marinade. Once marinade begins to simmer, cover and cook until the fish is tender and cooked through, about 5 minutes. Plate the tilapia and top with any excess marinade from the skillet.
- Garnish with cilantro and enjoy!
- Per serving: Calories: 197; Total Fat: 2.5 grams; Saturated Fat: grams; Protein: 26.5 grams; Total carbohydrates: 18 grams; Sugar: 15 grams; Fiber:1 gram; Cholesterol: milligrams; Sodium: 500 milligrams

## Nutrition Facts



## Properties

Glycemic Index:127.88, Glycemic Load:3.34, Inflammation Score:-7, Nutrition Score:15.827826074932%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## **Nutrients (% of daily need)**

Calories: 196.86kcal (9.84%), Fat: 2.41g (3.71%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 18.55g (6.18%), Net Carbohydrates: 17.38g (6.32%), Sugar: 15.89g (17.66%), Cholesterol: 63.79mg (21.26%), Sodium: 352.6mg (15.33%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 26.62g (53.24%), Selenium: 54.65µg (78.07%), Vitamin B12: 2.02µg (33.59%), Vitamin B3: 5.8mg (29.01%), Vitamin D: 3.95µg (26.37%), Phosphorus: 241.53mg (24.15%), Potassium: 670.63mg (19.16%), Vitamin C: 15.04mg (18.22%), Vitamin B6: 0.34mg (16.99%), Vitamin A: 699.45IU (13.99%), Magnesium: 55.23mg (13.81%), Folate: 47.9µg (11.97%), Manganese: 0.21mg (10.49%), Copper: 0.2mg (10.17%), Vitamin E: 1.5mg (9.98%), Vitamin B5: 0.83mg (8.3%), Vitamin B2: 0.14mg (8.14%), Iron: 1.44mg (8.03%), Vitamin K: 6.17µg (5.87%), Vitamin B1: 0.08mg (5.28%), Fiber: 1.17g (4.69%), Zinc: 0.6mg (4.02%), Calcium: 37.41mg (3.74%)