



# Big Daddy's Blackened Tilapia

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

READY IN



31 min.

SERVINGS



4

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon cayenne pepper
- 0.5 teaspoon garlic powder
- 2 tablespoons grapeseed oil
- 1 teaspoon ground pepper black
- 1 teaspoon ground thyme dried
- 0.5 juice of lemon juiced
- 1 tablespoon onion powder
- 1 teaspoon oregano dried

- 1 teaspoon salt
- 3 tablespoons paprika smoked
- 4 fillet tilapia

## Equipment

- bowl
- frying pan

## Directions

- In a small bowl combine all of the spices. Press a heaping tablespoon of the spice mix onto each fillet so that both sides are liberally coated. Allow the fish to sit for 15 minutes at room temperature prior to cooking.
- In a large skillet, heat the oil over medium-high heat. Once the oil is almost smoking, add the fillets and cook for 2 to 3 minutes on each side.
- Sprinkle with lemon juice and transfer the fillets to serving platter.

## Nutrition Facts



## Properties

Glycemic Index:35.75, Glycemic Load:0.28, Inflammation Score:-10, Nutrition Score:22.136086971863%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 252.78kcal (12.64%), Fat: 10.74g (16.52%), Saturated Fat: 1.82g (11.39%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 3.15g (1.14%), Sugar: 0.84g (0.94%), Cholesterol: 85mg (28.33%), Sodium: 675.39mg (29.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.32g (70.63%), Selenium: 71.84µg (102.63%), Vitamin A: 2814.85IU (56.3%), Vitamin B12: 2.69µg (44.77%), Vitamin B3: 7.26mg (36.3%), Vitamin D: 5.27µg (35.13%), Phosphorus: 316.47mg (31.65%), Vitamin E: 4.5mg (30.01%), Vitamin B6: 0.43mg (21.43%), Potassium: 683.84mg (19.54%), Magnesium: 61.27mg (15.32%), Iron: 2.74mg (15.22%), Manganese: 0.29mg (14.66%), Vitamin K: 15.28µg

(14.56%), Folate: 47.9µg (11.98%), Fiber: 2.71g (10.84%), Vitamin B2: 0.18mg (10.78%), Vitamin B5: 0.99mg (9.92%), Copper: 0.19mg (9.61%), Vitamin B1: 0.1mg (6.79%), Zinc: 0.92mg (6.14%), Calcium: 52.29mg (5.23%), Vitamin C: 2.43mg (2.95%)