



## Blackened Tilapia

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tsp blackened seasoning divided
- 1 cup butter divided
- 0.5 cup campbell's® condensed cream of celery soup
- 8 oz philadelphia cream cheese cubed
- 3 cloves garlic minced
- 1 tsp garlic powder
- 4 green onions sliced
- 2 tsp ground pepper red divided (cayenne)

- 1 tsp gumbo filã© powder
- 1 tsp lemon pepper seasoning
- 3 tsp parsley flakes divided
- 0.5 cup portabello mushrooms sliced
- 0.5 cup mozzarella cheese shredded kraft finely
- 1 lb shrimp deveined uncooked peeled
- 6 fillet tilapia
- 0.5 cup whipping cream
- 2 tsp cajun gumbo mix divided
- 2 tsp cajun gumbo mix divided

## Equipment

- frying pan

## Directions

- Combine lemon pepper seasoning, garlic powder, gumbo fil powder, and 1 tsp. each blackened seasoning, Cajun gumbo mix and ground red pepper.
- Rub seasoning mixture onto both sides of fish fillets.
- Melt 1/2 cup butter in large skillet on medium-high heat.
- Add tilapia to skillet; cook 3 min. on each side or until browned on both sides. Keep warm on low heat.
- Meanwhile, melt remaining butter in second large skillet on medium-high heat.
- Add cream cheese, mushrooms, soup, cream, onions and garlic; cook and stir gently 6 min. or until cream cheese is melted and mixture is blended.
- Add 1 tsp. parsley and remaining blackened seasoning, Cajun gumbo mix and ground red pepper to cream cheese sauce; mix well.
- Add shrimp; cook and stir 5 min. or until shrimp turn pink.
- Add mozzarella; cook and stir until mozzarella is melted and sauce is blended.
- Place tilapia on serving platter; top with cream cheese sauce.
- Garnish with remaining parsley.

# Nutrition Facts

PROTEIN 29.03% FAT 67.43% CARBS 3.54%

## Properties

Glycemic Index:6.71, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:4.4426087581593%

## Flavonoids

Apigenin: 1.93mg, Apigenin: 1.93mg, Apigenin: 1.93mg, Apigenin: 1.93mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 129.11kcal (6.46%), Fat: 9.83g (15.12%), Saturated Fat: 5.87g (36.66%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 1.02g (0.37%), Sugar: 0.49g (0.55%), Cholesterol: 61.43mg (20.48%), Sodium: 153.26mg (6.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.52g (19.04%), Selenium: 13.56µg (19.36%), Phosphorus: 97.66mg (9.77%), Vitamin B12: 0.53µg (8.83%), Vitamin A: 377.69IU (7.55%), Vitamin D: 0.97µg (6.45%), Vitamin B3: 1.24mg (6.19%), Vitamin K: 5.37µg (5.11%), Potassium: 154.63mg (4.42%), Copper: 0.09mg (4.28%), Magnesium: 14.69mg (3.67%), Calcium: 32.98mg (3.3%), Vitamin B6: 0.06mg (3.18%), Vitamin B2: 0.05mg (3.12%), Vitamin E: 0.45mg (3.01%), Zinc: 0.39mg (2.6%), Vitamin B5: 0.25mg (2.49%), Folate: 9.56µg (2.39%), Manganese: 0.05mg (2.26%), Iron: 0.32mg (1.8%), Vitamin B1: 0.02mg (1.24%)