



Blackened Tilapia Sandwich with Cilantro Lime Mayonnaise

READY IN



30 min.

SERVINGS



4

CALORIES



1071 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter melted (1 stick)
- ☐ 0.3 cup freshly cilantro leaves chopped
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons ground thyme
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 cup mayonnaise
- ☐ 2 teaspoons onion powder

- ☐ 4 servings mango salsa store-bought
- ☐ 1 teaspoon salt
- ☐ 4 kaiser buns split toasted
- ☐ 0.3 cup paprika sweet
- ☐ 40 ounce tilapia fillets

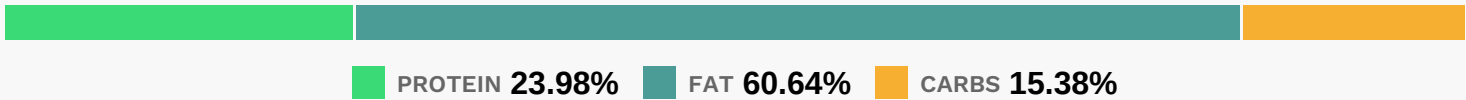
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a shallow dish, combine first 6 ingredients.
- ☐ Pour melted butter into another shallow dish. Dip fish fillets in melted butter and coat with seasoning mixture.
- ☐ Heat a cast iron skillet over medium-high heat until hot. Cook prepared fish, in batches if necessary, 3 to 4 minutes per side, or until fish flakes easily with a fork.
- ☐ Spread Cilantro Lime Mayonnaise evenly over toasted buns.
- ☐ Place blackened fish on bottom half of bun, top with mango salsa, and cover with top half of bun.
- ☐ In a small bowl, combine all ingredients. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:64.25, Glycemic Load:23.36, Inflammation Score:-10, Nutrition Score:39.976956533349%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 1070.94kcal (53.55%), Fat: 73.05g (112.38%), Saturated Fat: 23.01g (143.81%), Carbohydrates: 41.69g (13.9%), Net Carbohydrates: 36.66g (13.33%), Sugar: 6.79g (7.54%), Cholesterol: 226.27mg (75.42%), Sodium: 1776.72mg (77.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.98g (129.96%), Selenium: 121.23µg (173.18%), Vitamin K: 141.56µg (134.82%), Iron: 16.51mg (91.73%), Vitamin A: 4421.1IU (88.42%), Vitamin B12: 4.59µg (76.58%), Vitamin B3: 12.25mg (61.25%), Vitamin D: 8.9µg (59.34%), Phosphorus: 543.66mg (54.37%), Vitamin E: 6.21mg (41.41%), Vitamin B6: 0.7mg (35.1%), Potassium: 1157.94mg (33.08%), Magnesium: 101.36mg (25.34%), Manganese: 0.44mg (21.95%), Folate: 83.88µg (20.97%), Fiber: 5.03g (20.13%), Vitamin B2: 0.31mg (17.96%), Vitamin B5: 1.77mg (17.65%), Copper: 0.32mg (16.17%), Vitamin B1: 0.18mg (11.79%), Calcium: 114.42mg (11.44%), Zinc: 1.6mg (10.67%), Vitamin C: 3.4mg (4.12%)