



Blackened Tilapia Sandwiches with Cilantro-Lime Mayonnaise

READY IN



17 min.

SERVINGS



4

CALORIES



1170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter melted (1 stick)
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup cilantro leaves fresh chopped
- 1 clove garlic minced
- 1 teaspoon garlic powder
- 0.3 teaspoon ground pepper red
- 2 tablespoons ground thyme
- 2 jalapeños diced seeded

- 1 juice of lime juiced
- 2 mangos diced peeled
- 1 cup mayonnaise
- 1 tablespoon olive oil
- 2 teaspoons onion powder
- 1 small orange bell pepper diced
- 0.5 small onion diced red
- 0.5 teaspoon salt
- 1 teaspoon salt
- 4 servings salt and pepper black freshly ground
- 4 kaiser rolls split toasted
- 0.3 cup paprika sweet
- 40 ounce tilapia fillets

Equipment

- bowl
- frying pan

Directions

- Heat a cast-iron skillet over medium-high heat until hot.
- In a shallow dish, combine the paprika, thyme, onion powder, garlic powder, salt, and red pepper.
- Pour the melted butter in another shallow dish.
- Dip the fish fillets in the melted butter, then coat with the seasoning mixture. Cook the prepared fish, in batches if necessary, until the fish flakes easily with a fork, 3 to 4 minutes per side.
- Spread the Cilantro-Lime Mayonnaise evenly over the toasted buns.
- Place the blackened fish on the bottom half of the bun, top with Mango Salsa, and cover with the top half of the bun.
- In a small bowl, combine all the ingredients. Cover and chill.

Combine all the ingredients in a small bowl, tossing gently to coat. Cover and refrigerate.

Nutrition Facts

PROTEIN 22.13% **FAT 58.18%** **CARBS 19.69%**

Properties

Glycemic Index:123.44, Glycemic Load:31.22, Inflammation Score:-10, Nutrition Score:47.712173752163%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 1169.8kcal (58.49%), Fat: 76.99g (118.45%), Saturated Fat: 23.61g (147.54%), Carbohydrates: 58.62g (19.54%), Net Carbohydrates: 51.57g (18.75%), Sugar: 21.49g (23.87%), Cholesterol: 226.27mg (75.42%), Sodium: 1861.23mg (80.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.88g (131.76%), Selenium: 121.81µg (174.01%), Vitamin K: 155.32µg (147.93%), Vitamin A: 6179.79IU (123.6%), Iron: 16.75mg (93.07%), Vitamin C: 75.37mg (91.35%), Vitamin B12: 4.59µg (76.58%), Vitamin B3: 12.9mg (64.52%), Vitamin D: 8.9µg (59.34%), Phosphorus: 561.32mg (56.13%), Vitamin E: 7.86mg (52.41%), Vitamin B6: 0.88mg (44.12%), Potassium: 1344.97mg (38.43%), Folate: 141.77µg (35.44%), Magnesium: 112.74mg (28.18%), Fiber: 7.04g (28.17%), Manganese: 0.55mg (27.42%), Copper: 0.44mg (21.93%), Vitamin B2: 0.36mg (21.39%), Vitamin B5: 2.02mg (20.24%), Vitamin B1: 0.22mg (14.51%), Calcium: 126.02mg (12.6%), Zinc: 1.73mg (11.55%)