



## Braised Tilapia in Caramel Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 tablespoons asian fish sauce (nuoc mam or nam pla)
- ☐ 1 pound catfish fillets
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 clove garlic minced peeled
- ☐ 2 tablespoons green onions thinly sliced (including tops)
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 cup shallots minced
- ☐ 3 tablespoons sugar

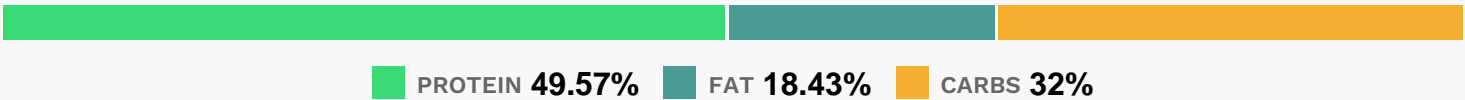
## Equipment

- ☐ frying pan
- ☐ spatula

## Directions

- ☐ Rinse fish and pat dry; cut fillets crosswise into 2- by 3-inch pieces.
- ☐ Place sugar in a 10- to 12-inch frying pan over medium-high heat; shake pan often until sugar is melted and amber colored, 2 to 3 minutes.
- ☐ Add 1/2 cup hot water (mixture will bubble vigorously) and stir over medium heat until caramelized sugar is dissolved.
- ☐ Stir in fish sauce, shallots, ginger, and garlic; stir often over high heat until boiling.
- ☐ Lay fish in a single layer in sauce, overlapping edges if necessary to fit. Simmer for about 3 minutes, turn over carefully, and simmer until barely opaque but still moist-looking in center of thickest part (cut to test), 3 to 4 minutes longer.
- ☐ Transfer fish to serving dish with a slotted spatula. Bring sauce to a boil over high heat and stir often until slightly syrupy and reduced to about 2/3 cup, 2 to 4 minutes; pour over fish, then sprinkle with green onions and pepper.

## Nutrition Facts



## Properties

Glycemic Index:52.27, Glycemic Load:7.05, Inflammation Score:-4, Nutrition Score:13.609999975433%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 161.38kcal (8.07%), Fat: 3.27g (5.03%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 12.14g (4.41%), Sugar: 10.74g (11.94%), Cholesterol: 65.77mg (21.92%), Sodium: 1111.22mg (48.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.77g (39.54%), Vitamin D: 14.17µg (94.5%), Vitamin B12: 2.59µg

(43.23%), Phosphorus: 249.77mg (24.98%), Selenium: 15.89µg (22.7%), Vitamin B1: 0.25mg (16.82%), Potassium: 513.79mg (14.68%), Magnesium: 54.46mg (13.61%), Vitamin B3: 2.54mg (12.69%), Vitamin B6: 0.25mg (12.51%), Vitamin B5: 0.94mg (9.37%), Manganese: 0.13mg (6.63%), Folate: 25.4µg (6.35%), Vitamin K: 6.45µg (6.14%), Vitamin B2: 0.1mg (5.76%), Zinc: 0.69mg (4.62%), Iron: 0.7mg (3.9%), Vitamin C: 2.93mg (3.55%), Copper: 0.07mg (3.42%), Calcium: 31.32mg (3.13%), Fiber: 0.62g (2.47%), Vitamin A: 89.23IU (1.78%)