



## Breaded Tilapia with Black Bean Salsa

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15 oz black beans rinsed canned
- 5 cherry tomatoes quartered
- 3 green onions sliced
- 1 juice of lime
- 0.3 cup real mayo mayonnaise divided kraft
- 0.3 cup oil divided
- 0.3 cup pickled jalapeño chopped
- 1.3 cups ritz crackers crushed finely

1.5 lb tilapia fillets

## Equipment

frying pan

## Directions

Place cracker crumbs in pie plate.

Brush fish with 3 Tbsp. mayo. Dip fish in crumbs, turning to evenly coat both sides of each fillet.

Mix remaining mayo and jalapeos.

Heat 2 Tbsp. oil in large skillet on medium-high heat.

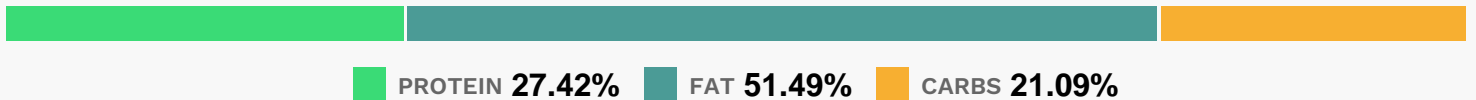
Add fish, in batches; cook 3 min. on each side or until fish is golden brown on both sides and flakes easily with fork.

Remove from skillet; cover to keep warm. Meanwhile, combine remaining ingredients.

Top fish with mayo mixture.

Serve with bean mixture.

## Nutrition Facts



## Properties

Glycemic Index:3.28, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:4.6543478369713%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 98.55kcal (4.93%), Fat: 5.69g (8.76%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 3.9g (1.42%), Sugar: 0.52g (0.58%), Cholesterol: 14.86mg (4.95%), Sodium: 129.92mg (5.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.64%), Selenium: 11.84µg (16.92%), Vitamin K: 11.43µg (10.89%), Phosphorus: 75.49mg (7.55%), Vitamin B12: 0.43µg (7.23%), Vitamin B3: 1.35mg (6.72%), Vitamin D: 0.85µg (5.66%), Fiber: 1.35g (5.4%), Folate: 21.34µg (5.33%), Vitamin E: 0.73mg (4.89%), Potassium: 154.89mg

(4.43%), Manganese: 0.08mg (3.94%), Iron: 0.7mg (3.9%), Magnesium: 14.98mg (3.74%), Vitamin B1: 0.05mg (3.4%), Copper: 0.06mg (3.14%), Vitamin B6: 0.06mg (3.04%), Vitamin B2: 0.05mg (2.89%), Vitamin C: 1.95mg (2.36%), Vitamin B5: 0.19mg (1.91%), Calcium: 15.45mg (1.55%), Zinc: 0.22mg (1.47%)