



Broiled Tilapia



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon asian fish sauce
- ☐ 1 teaspoon dill weed dried
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 3 tablespoons green onions sliced
- ☐ 1 teaspoon ground turmeric
- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons olive oil

- ☐ 4 servings salt and pepper
- ☐ 24 oz tilapia fillets

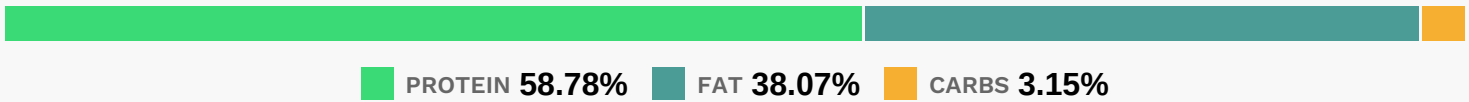
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil

Directions

- ☐ Rinse tilapia and pat dry.
- ☐ Sprinkle with salt and pepper.
- ☐ In a wide bowl, mix olive oil, lime juice, fish sauce, fresh and dried dill, turmeric, garlic, and green onions.
- ☐ Add tilapia; turn to coat well. Cover and chill at least 1 hour or up to 1 day.
- ☐ Place tilapia in a single layer on a foil-lined baking sheet. Broil 6 inches from heat until fish is opaque but still moist-looking in center of thickest part, 8 to 10 minutes.
- ☐ Serve hot (see notes).

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.15, Inflammation Score:-10, Nutrition Score:16.84913062531%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg 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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 233.67kcal (11.68%), Fat: 9.97g (15.34%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.55g (0.56%), Sugar: 0.42g (0.47%), Cholesterol: 85.05mg (28.35%), Sodium: 637.46mg (27.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.64g (69.28%), Selenium: 71.67µg (102.39%), Vitamin B12: 2.71µg (45.15%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.82mg (34.09%), Phosphorus: 296.17mg (29.62%), Potassium: 573.34mg (16.38%), Vitamin B6: 0.32mg (16.1%), Vitamin K: 16.04µg (15.27%), Magnesium: 57.7mg (14.42%), Folate: 47.27µg (11.82%), Vitamin E: 1.75mg (11.64%), Vitamin B5: 0.85mg (8.52%), Iron: 1.46mg (8.09%), Manganese: 0.15mg (7.33%), Copper: 0.14mg (7.13%), Vitamin B2: 0.12mg (6.93%), Vitamin B1: 0.08mg (5.2%), Vitamin C: 3.78mg (4.58%), Zinc: 0.63mg (4.23%), Calcium: 30.57mg (3.06%), Vitamin A: 79.28IU (1.59%), Fiber: 0.31g (1.23%)