



 **73%**
HEALTH SCORE

Broiled Tilapia Gyros

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado ripe peeled cut into 12 thin slices
- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons optional: dill fresh chopped
- 2 garlic cloves minced
- 1.5 teaspoons juice of lemon fresh
- 1.5 tablespoons olive oil
- 0.8 cup greek yogurt plain 2% reduced-fat
- 0.5 cup onion red vertically sliced ()

- 0.3 teaspoon salt
- 1.5 pounds tilapia fillets
- 1 medium tomatoes thinly sliced
- 11 ounce flatbreads mediterranean-style (such as Toufayan)

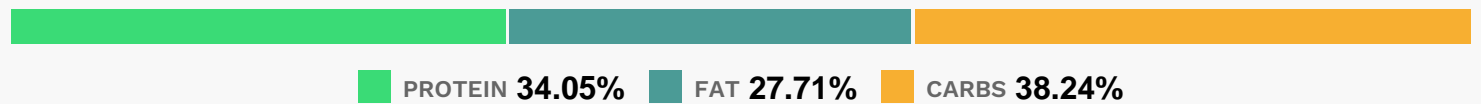
Equipment

- food processor
- blender
- broiler
- broiler pan

Directions

- Preheat broiler.
- To prepare fish, brush fish with oil; sprinkle with 1/2 teaspoon pepper and 1/4 teaspoon salt.
- Place fish on a broiler pan coated with cooking spray. Broil 6 minutes or until fish flakes easily when tested with a fork or desired degree of doneness.
- To prepare tzatziki, combine yogurt and next 5 ingredients (through garlic) in a food processor or blender; pulse until smooth.
- Spread 2 tablespoons tzatziki in the center of each flatbread. Divide fish evenly among flatbreads. Top each serving with 2 tablespoons onion, 3 avocado slices, 2 tomato slices, and about 6 cucumber slices; fold in half.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:1.27, Inflammation Score:-8, Nutrition Score:31.859565237294%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 534.07kcal (26.7%), Fat: 17.1g (26.31%), Saturated Fat: 3.02g (18.84%), Carbohydrates: 53.09g (17.7%), Net Carbohydrates: 44.15g (16.06%), Sugar: 5.52g (6.13%), Cholesterol: 86.92mg (28.97%), Sodium: 581.82mg (25.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.28g (94.57%), Selenium: 109.64µg (156.64%), Manganese: 1.61mg (80.66%), Phosphorus: 522.68mg (52.27%), Vitamin B3: 10.03mg (50.14%), Vitamin B12: 2.95µg (49.17%), Fiber: 8.93g (35.73%), Vitamin B6: 0.7mg (35.21%), Vitamin D: 5.27µg (35.15%), Magnesium: 124.75mg (31.19%), Potassium: 1056.61mg (30.19%), Folate: 120.39µg (30.1%), Vitamin B1: 0.4mg (26.68%), Copper: 0.49mg (24.49%), Vitamin B5: 2.37mg (23.65%), Iron: 3.85mg (21.39%), Vitamin E: 3.13mg (20.88%), Vitamin B2: 0.35mg (20.82%), Vitamin K: 20.13µg (19.17%), Zinc: 2.38mg (15.83%), Vitamin C: 11.95mg (14.49%), Calcium: 88.22mg (8.82%), Vitamin A: 336.89IU (6.74%)