



## Broiled Tilapia with Brava Sauce

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaves
- 4 servings pepper black freshly ground
- 15 ounce canned tomatoes whole canned
- 3 medium garlic clove finely chopped
- 0.1 teaspoon granulated sugar
- 1 teaspoon kosher salt as needed plus more
- 3 tablespoons olive oil
- 1 cup onion yellow (from)

- 1 teaspoon paprika hot
- 0.3 teaspoon pepper red
- 2 teaspoons sherry vinegar as needed plus more
- 1 dashes hot sauce as needed plus more
- 1.5 pounds tilapia
- 0.3 cup water

## Equipment

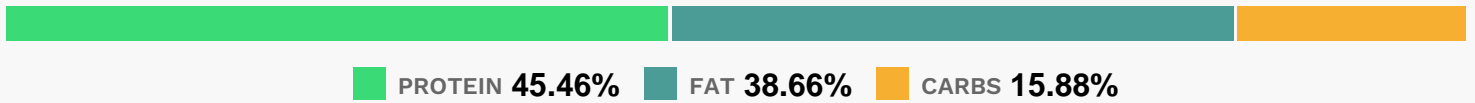
- bowl
- frying pan
- baking sheet
- paper towels
- oven
- blender
- aluminum foil
- kitchen towels

## Directions

- Place the tomatoes with their juices in a medium bowl and, using your fingers, break them into rough 1-inch pieces; set aside.
- Heat 2 tablespoons of the oil in a medium frying pan over medium heat until shimmering.
- Add the onion and cook, stirring occasionally, until softened, about 8 minutes.
- Add the garlic, paprika, and red pepper flakes and cook, stirring occasionally, until fragrant, about 1 minute.
- Add the reserved tomatoes and their juices, water, measured salt, bay leaf, and sugar and bring to a simmer. Reduce the heat to low and cook, stirring occasionally, until the sauce has thickened, become darker in color, and reduced by about half, about 15 to 20 minutes. Meanwhile, set the oven to broil and arrange a rack in the upper third. Line a rimmed baking sheet with aluminum foil and set it aside. When the sauce is ready, remove and discard the bay leaf.

- Transfer the sauce to a blender.
- Add the measured vinegar and hot sauce and blend until smooth, removing the small cap (the pour lid) from the blender lid and covering the space with a kitchen towel (this allows steam to escape and prevents the blender lid from popping off). Taste and season with additional salt, vinegar, or hot sauce as desired.
- Transfer to a serving bowl. Pat the tilapia dry with paper towels and coat with the remaining tablespoon of oil. Season both sides with salt and pepper and place on the prepared baking sheet. Broil until opaque and cooked through, about 5 to 6 minutes.
- Serve with the sauce.

## Nutrition Facts



### Properties

Glycemic Index:53.02, Glycemic Load:3.33, Inflammation Score:-7, Nutrition Score:22.510000249614%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

### Nutrients (% of daily need)

Calories: 312.54kcal (15.63%), Fat: 13.83g (21.27%), Saturated Fat: 2.52g (15.76%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 9.78g (3.56%), Sugar: 6.58g (7.31%), Cholesterol: 85.05mg (28.35%), Sodium: 816.36mg (35.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.58g (73.17%), Selenium: 72.32µg (103.32%), Vitamin B12: 2.69µg (44.79%), Vitamin B3: 8.07mg (40.33%), Vitamin D: 5.27µg (35.15%), Phosphorus: 340.56mg (34.06%), Vitamin B6: 0.52mg (26.25%), Potassium: 909.14mg (25.98%), Vitamin E: 3.73mg (24.84%), Manganese: 0.37mg (18.71%), Magnesium: 73.29mg (18.32%), Copper: 0.35mg (17.69%), Vitamin C: 13.49mg (16.35%), Folate: 62.65µg (15.66%), Iron: 2.68mg (14.89%), Vitamin K: 15.23µg (14.51%), Vitamin B5: 1.2mg (12.02%), Fiber: 3g (11.99%), Vitamin B1: 0.17mg (11.63%), Vitamin B2: 0.18mg (10.79%), Vitamin A: 515.04IU (10.3%), Calcium: 69.7mg (6.97%), Zinc: 0.98mg (6.5%)