



Broiled Tilapia with Horseradish and Herb-Spiked Mayo

 **Gluten Free**  **Dairy Free** Image not found or type unknown

READY IN

Image not found or type unknown
ready

16 min.

SERVINGS

Image not found or type unknown
servings

4

CALORIES

Image not found or type unknown
calories

219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 teaspoons horseradish prepared to taste
- ☐ 1 optional: lemon
- ☐ 0.3 cup mayonnaise light
- ☐ 4 servings salt and pepper black freshly ground

☐ 24 ounce tilapia fillets

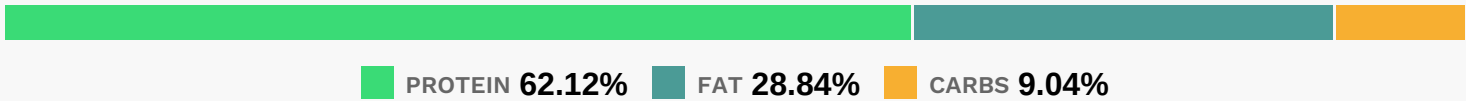
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the broiler. Coat a large baking sheet with cooking spray.
- ☐ Finely grate 1 teaspoon of zest from the lemon and set aside. Squeeze the juice from the lemon over both sides of the fish. Season both sides of the fish with salt and pepper, to taste, and the garlic powder.
- ☐ Place the fish on the prepared baking sheet and broil until fork-tender, about 3 minutes per side.
- ☐ Meanwhile, in a medium bowl, combine the mayonnaise, lemon zest, horseradish, chives, and parsley.
- ☐ Serve the fish with the mayonnaise mixture spooned over the top.

Nutrition Facts



Properties

Glycemic Index:43.63, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:18.956521790961%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 219.41kcal (10.97%), Fat: 7.17g (11.03%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 4.05g (1.47%), Sugar: 1.59g (1.77%), Cholesterol: 88.04mg (29.35%), Sodium: 255.27mg (11.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.73g (69.46%), Selenium: 71.87µg (102.68%), Vitamin K: 48.6µg (46.28%), Vitamin B12: 2.69µg (44.79%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.72mg (33.59%), Phosphorus: 300.8mg (30.08%), Vitamin C: 18.47mg (22.39%), Potassium: 584.21mg (16.69%), Vitamin B6: 0.31mg (15.49%), Magnesium: 51.22mg (12.81%), Folate: 50.77µg (12.69%), Vitamin B5: 0.91mg (9.1%), Vitamin E: 1.15mg (7.68%), Copper: 0.15mg (7.56%), Iron: 1.33mg (7.39%), Vitamin B2: 0.12mg (6.91%), Vitamin B1: 0.09mg (5.79%), Vitamin A: 253.38IU (5.07%), Manganese: 0.1mg (5.04%), Zinc: 0.65mg (4.36%), Fiber: 1g (4%), Calcium: 31.43mg (3.14%)