



Broiled Tilapia with Mustard-Chive Sauce

 Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup full-fat greek yogurt plain
- ☐ 2 teaspoons agave nectar
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons chives fresh chopped
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup juice of lemon (from 1 large lemon)
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 20 ounce tilapia fillets

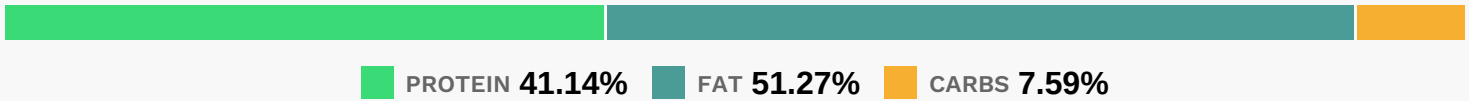
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ broiler
- ☐ glass baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ For the fish: Preheat a broiler. Spray a small baking sheet or glass baking dish with vegetable oil cooking spray. Set aside.
- ☐ Drizzle the tilapia fillets on both sides with olive oil and season with salt and pepper. Arrange the fillets in a single layer on the prepared baking sheet and broil until cooked through and the flesh flakes easily with a fork, about 6 to 8 minutes. Set aside to cool slightly.
- ☐ For the sauce: In a small bowl, mix together the yogurt, agave nectar, and mustard until smooth.
- ☐ Whisk in the lemon juice and chives. Season with salt and pepper, to taste.
- ☐ Transfer the tilapia to a serving platter and drizzle with the sauce.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.6, Inflammation Score:-4, Nutrition Score:14.895652379679%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 287.78kcal (14.39%), Fat: 16.57g (25.49%), Saturated Fat: 2.79g (17.42%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 5.35g (1.95%), Sugar: 4.24g (4.71%), Cholesterol: 71.5mg (23.83%), Sodium: 92.66mg (4.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.92g (59.84%), Selenium: 61.03µg (87.19%), Vitamin B12: 2.33µg (38.79%), Vitamin D: 4.39µg (29.29%), Vitamin B3: 5.63mg (28.12%), Phosphorus: 261.62mg (26.16%), Vitamin E: 2.66mg (17.76%), Vitamin K: 14.91µg (14.2%), Potassium: 469.39mg (13.41%), Vitamin B6: 0.26mg (12.98%), Magnesium: 42.01mg (10.5%), Folate: 41.12µg (10.28%), Vitamin C: 7.63mg (9.25%), Vitamin B2: 0.14mg (8.1%), Vitamin B5: 0.76mg (7.62%), Copper: 0.12mg (5.8%), Iron: 0.95mg (5.28%), Vitamin B1: 0.07mg (4.95%), Manganese: 0.08mg (3.96%), Zinc: 0.56mg (3.73%), Calcium: 31.77mg (3.18%), Vitamin A: 68.14IU (1.36%)