



Broiled Tilapia with Tomato-Caper Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon anchovy paste
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon capers drained
- ☐ 1.5 tablespoons olive oil extravirgin divided
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic clove minced
- ☐ 0.3 teaspoon salt divided
- ☐ 24 ounce tilapia

- ☐ 1 cup tomatoes chopped
- ☐ 1 tablespoon citrus champagne vinegar

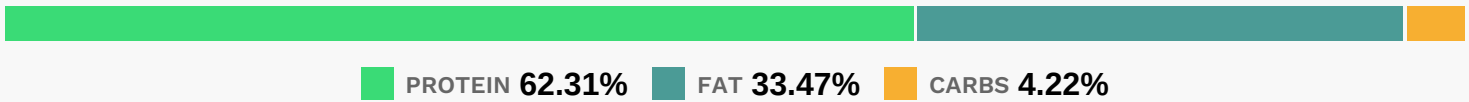
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Combine the first 6 ingredients in a medium bowl, and stir in 1 1/2 teaspoons oil, 1/8 teaspoon salt, and 1/8 teaspoon black pepper.
- ☐ Brush fish with remaining 1 tablespoon oil; sprinkle with remaining 1/8 teaspoon salt and remaining 1/8 teaspoon pepper. Arrange fish in a single layer on a jelly-roll pan coated with cooking spray. Broil 4 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:20.403478373652%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 223.05kcal (11.15%), Fat: 8.35g (12.84%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 1.67g (0.61%), Sugar: 1.04g (1.15%), Cholesterol: 85.69mg (28.56%), Sodium: 321.35mg (13.97%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.97g (69.94%), Selenium: 71.86µg (102.66%), Vitamin K: 70.8µg (67.43%), Vitamin B12: 2.69µg (44.9%), Vitamin B3: 7.08mg (35.42%), Vitamin D: 5.29µg (35.24%), Phosphorus: 305.16mg (30.52%), Potassium: 636.85mg (18.2%), Vitamin B6: 0.33mg (16.48%), Magnesium: 53.82mg (13.45%), Folate: 52.73µg (13.18%), Vitamin C: 10.66mg (12.93%), Vitamin A: 630.07IU (12.6%), Vitamin E: 1.71mg (11.4%), Vitamin B5: 0.89mg (8.95%), Copper: 0.17mg (8.59%), Iron: 1.44mg (7.99%), Manganese: 0.16mg (7.84%), Vitamin B2: 0.13mg (7.37%), Vitamin B1: 0.09mg (6.06%), Zinc: 0.71mg (4.73%), Calcium: 32.09mg (3.21%), Fiber: 0.7g (2.79%)