



Cajun Blackened Tilapia

 Gluten Free

READY IN



13 min.

SERVINGS



5

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cayenne to taste
- ☐ 1.5 teaspoons celery salt
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 1.5 teaspoons garlic powder
- ☐ 1 tablespoon paprika
- ☐ 1 teaspoon pepper
- ☐ 8 fillet tilapia
- ☐ 4 tablespoons butter unsalted melted

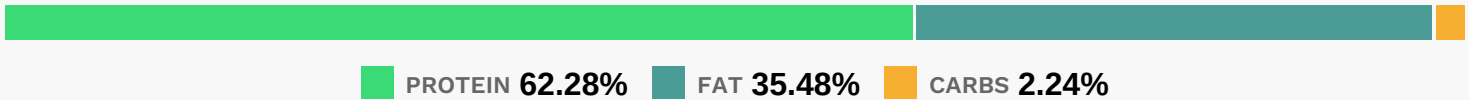
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine pepper, cayenne, celery salt, paprika, garlic powder and thyme in a shallow bowl; mix well.
- ☐ Warm a large cast-iron skillet over high heat until hot.
- ☐ Brush fillets with butter and coat on both sides with spice mixture.
- ☐ Working in batches, cook fish, turning once, until blackened on both sides and flaky inside, 3 to 4 minutes total.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.8, Glycemic Load:0.14, Inflammation Score:-8, Nutrition Score:23.70956529353%

Nutrients (% of daily need)

Calories: 350.82kcal (17.54%), Fat: 13.97g (21.48%), Saturated Fat: 7.4g (46.23%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.14g (0.42%), Sugar: 0.2g (0.22%), Cholesterol: 160.08mg (53.36%), Sodium: 842.11mg (36.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.15g (110.31%), Selenium: 114.16µg (163.09%), Vitamin B12: 4.32µg (71.94%), Vitamin D: 8.6µg (57.33%), Vitamin B3: 10.81mg (54.03%), Phosphorus: 475.03mg (47.5%), Potassium: 878.72mg (25.11%), Vitamin B6: 0.49mg (24.68%), Vitamin A: 1066.25IU (21.33%), Magnesium: 78.51mg (19.63%), Folate: 67.83µg (16.96%), Vitamin B5: 1.38mg (13.84%), Iron: 2.3mg (12.8%), Vitamin E: 1.85mg (12.32%), Vitamin B2: 0.2mg (11.61%), Copper: 0.23mg (11.49%), Vitamin K: 11.68µg (11.12%), Manganese: 0.21mg (10.63%), Vitamin B1: 0.12mg (8.22%), Zinc: 1.03mg (6.84%), Calcium: 41.97mg (4.2%), Fiber: 0.84g (3.34%)