



 **27%**
HEALTH SCORE

Coconut-Almond Crusted Tilapia

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 fillet tilapia white or any other firm, fish, such as cod
- 1 optional: lemon sliced in half
- 0.3 cup coconut milk
- 0.5 cup almond flour
- 0.5 cup coconut shredded unsweetened finely
- 0.3 teaspoon salt
- 0.1 teaspoon pepper black
- 0.5 teaspoon ground ginger

- 0.5 teaspoon mint dried
- 4 servings coconut oil for frying (coconut oil is recommended)

Equipment

- bowl
- frying pan
- paper towels

Directions

- Pat and dry fish fillets.
- Sprinkle both sides with a pinch or two of salt and pepper. Squirt juice from 1/2 of the lemon and drizzle the coconut milk over top. Turn to ensure everything is coated well.
- Let them sit at room temperature for 15 minutes to marinate.
- Meanwhile prepare the breading by combining the almond meal, shredded coconut, salt, pepper, ginger and mint in a shallow bowl.
- Cover the bottom of a large skillet with oil and bring to medium heat.
- Lay fillets carefully in the skillet and cook, flipping fish halfway through cooking, until both sides are golden brown and fish flakes easily with a fork. Three to five minutes per side for thin fillets, longer if they're thicker.
- Transfer to a stack of paper towels to drain and cool slightly.
- Serve with Tropical Sweets & Reds Mash.

Nutrition Facts

 **PROTEIN 38.66%**  **FAT 52.4%**  **CARBS 8.94%**

Properties

Glycemic Index:44.13, Glycemic Load:0.87, Inflammation Score:-4, Nutrition Score:19.418695652174%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg,

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 379.18kcal (18.96%), Fat: 23.21g (35.7%), Saturated Fat: 13.14g (82.1%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 4.7g (1.71%), Sugar: 2.03g (2.25%), Cholesterol: 85mg (28.33%), Sodium: 240.72mg (10.47%), Protein: 38.53g (77.06%), Selenium: 73.46µg (104.95%), Vitamin B12: 2.69µg (44.77%), Vitamin D: 5.27µg (35.13%), Vitamin B3: 6.85mg (34.26%), Phosphorus: 331.52mg (33.15%), Manganese: 0.6mg (29.87%), Potassium: 650.22mg (18.58%), Vitamin C: 14.63mg (17.73%), Vitamin B6: 0.34mg (16.96%), Fiber: 4.2g (16.82%), Magnesium: 66.04mg (16.51%), Iron: 2.61mg (14.49%), Copper: 0.26mg (13.23%), Folate: 47.17µg (11.79%), Vitamin B5: 1mg (9.97%), Vitamin B2: 0.13mg (7.39%), Calcium: 60.59mg (6.06%), Vitamin B1: 0.09mg (6.06%), Zinc: 0.9mg (6.01%), Vitamin E: 0.78mg (5.17%), Vitamin K: 2.54µg (2.42%)