



Coconut Milk Tilapia

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

READY IN



24 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup coconut milk
- 1 inch ginger fresh grated peeled
- 1 lemon zest juiced
- 4 small potatoes red sliced into 1/4-inch pieces quartered
- 4 servings salt
- 0.5 pound snow peas
- 4 fillet tilapia
- 4 servings vegetable oil

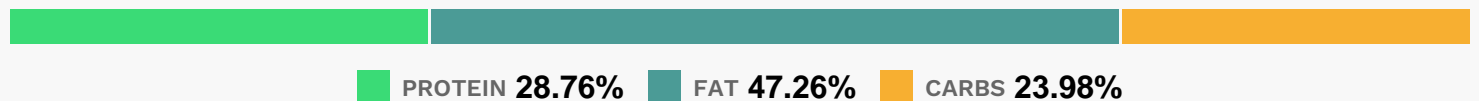
Equipment

- baking sheet
- oven

Directions

- Watch how to make this recipe.
- Special equipment: brown paper bags
- Preheat oven to 350 degrees F.
- Soak 4 small brown paper bags in vegetable oil until saturated. Scrape off excess oil and set aside. Season the fillets with salt, grated ginger, lemon zest and juice. Top each with about 5 or 6 snow peas and 1 of the thinly sliced potatoes.
- Transfer each fillet into 1 of the bags and pour about 1/4 cup of the coconut milk into each bag. Fold well to seal in juices and steam.
- Place onto 2 rimmed baking sheets and bake until bags are puffed and fish and potatoes are tender, about 10 to 15 minutes.
- Serve immediately at the table in the puffed bags. Tear open.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.58, Inflammation Score:-8, Nutrition Score:31.68652171674%

Flavonoids

Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 543.18kcal (27.16%), Fat: 29.31g (45.09%), Saturated Fat: 13.9g (86.89%), Carbohydrates: 33.45g (11.15%), Net Carbohydrates: 28.89g (10.51%), Sugar: 4.55g (5.06%), Cholesterol: 85mg (28.33%), Sodium: 322.72mg (14.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.13g (80.26%), Selenium: 72.33µg (103.33%), Vitamin C: 51.23mg (62.09%), Phosphorus: 477.77mg (47.78%), Vitamin B3: 9.31mg (46.54%), Vitamin K: 47.23µg (44.98%), Vitamin B12: 2.69µg (44.77%), Manganese: 0.88mg (43.97%), Potassium: 1534.3mg (43.84%), Vitamin D: 5.27µg (35.13%), Vitamin B6: 0.68mg (33.82%), Magnesium: 123.88mg (30.97%), Iron: 5.26mg (29.24%), Copper:

0.53mg (26.58%), Folate: 103.51µg (25.88%), Vitamin B1: 0.31mg (20.41%), Fiber: 4.56g (18.23%), Vitamin B5: 1.82mg (18.22%), Vitamin E: 2.07mg (13.81%), Vitamin A: 628.97IU (12.58%), Vitamin B2: 0.21mg (12.17%), Zinc: 1.6mg (10.68%), Calcium: 70.96mg (7.1%)