



## Cornmeal-Crusted Tilapia Salad

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



415 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 7 teaspoons canola oil divided
- 1 teaspoon chili powder divided
- 4 6-inch corn tortillas cut into 1/4-inch strips ()
- 0.3 teaspoon dijon mustard
- 1 ounce flour all-purpose
- 2 tablespoons cilantro leaves fresh chopped
- 1 cup grape tomatoes halved
- 1.5 tablespoons juice of lime fresh

- 1 teaspoon onion flakes crushed
- 1.5 cups bell pepper red chopped ( 1 large)
- 0.3 cup onion red thinly sliced
- 6 cups the of 1 cos lettuce chopped
- 0.8 teaspoon salt divided
- 0.3 cup cheddar cheese reduced-fat
- 24 ounce tilapia
- 0.3 cup cornmeal yellow

## Equipment

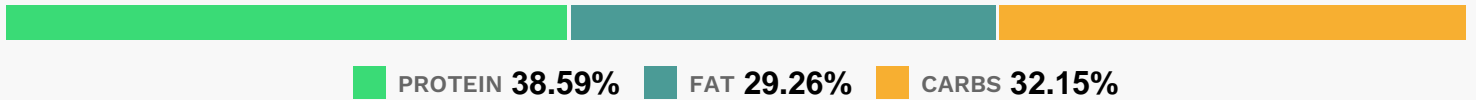
- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- aluminum foil
- measuring cup

## Directions

- Preheat oven to 42
- Place tortilla strips on a baking sheet lined with foil; lightly coat tortilla strips with cooking spray.
- Sprinkle strips with 1/2 teaspoon chili powder and 1/4 teaspoon salt.
- Bake at 425 for 10 minutes or until crisp, and set aside.
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, cornmeal, onion flakes, and the remaining 1/2 teaspoon chili powder in a shallow dish.
- Sprinkle fish with 1/4 teaspoon salt; dredge in cornmeal mixture.

- Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- Add fish; cook 3 minutes on each side or until browned and fish flakes easily when tested with a fork or until desired degree of doneness.
- Combine romaine and next 4 ingredients (through cilantro) in a large bowl.
- Combine juice, mustard, and remaining 1/4 teaspoon salt in a small bowl, stirring with a whisk. Gradually add remaining 4 teaspoons oil, stirring constantly with a whisk.
- Drizzle juice mixture over lettuce mixture; toss gently to coat.
- Place 1 1/2 cups salad mixture on each of 4 plates; sprinkle each serving with 1 tablespoon cheese.
- Place 1 fish fillet on each salad; top with 5 tortilla strips.

## Nutrition Facts



### Properties

Glycemic Index:88.75, Glycemic Load:14.56, Inflammation Score:-10, Nutrition Score:38.074782578841%

### Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

### Nutrients (% of daily need)

Calories: 415.44kcal (20.77%), Fat: 13.84g (21.29%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 34.22g (11.41%), Net Carbohydrates: 27.85g (10.13%), Sugar: 5.68g (6.31%), Cholesterol: 91.7mg (30.57%), Sodium: 601.45mg (26.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.07g (82.14%), Vitamin A: 8412.14IU (168.24%), Selenium: 77.4µg (110.57%), Vitamin C: 82.85mg (100.43%), Vitamin K: 86.81µg (82.67%), Phosphorus: 485.45mg (48.55%), Folate: 191.35µg (47.84%), Vitamin B12: 2.77µg (46.23%), Vitamin B3: 8.78mg (43.92%), Vitamin D: 5.31µg (35.39%), Vitamin B6: 0.69mg (34.4%), Potassium: 1040.42mg (29.73%), Manganese: 0.52mg (25.92%), Magnesium: 102.8mg (25.7%), Fiber: 6.36g (25.45%), Vitamin E: 3.43mg (22.84%), Vitamin B1: 0.29mg (19.34%), Vitamin B2: 0.3mg (17.79%), Iron: 3.11mg (17.27%), Copper: 0.29mg (14.27%), Vitamin B5: 1.32mg (13.17%), Zinc: 1.91mg (12.71%), Calcium: 125.27mg (12.53%)