



Cornmeal-Crusted Tilapia Sandwiches with Jicama Slaw

 Gluten Free

READY IN



21 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups d cabbage-and-carrot coleslaw
- ☐ 1 tablespoon cider vinegar
- ☐ 4 servings pea soup chilled quick
- ☐ 0.3 cup fuji apple shredded peeled
- ☐ 1 tablespoon greek yogurt plain fat-free
- ☐ 0.3 cup cornmeal yellow stone-ground

- ☐ 1 jalapeno thinly sliced
- ☐ 0.3 cup jicama shredded peeled
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 1 tablespoon canola mayonnaise
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 16 ounce tilapia fillets
- ☐ 12 ounce whole-grain sub rolls

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Hollow out top and bottom halves of bread, leaving a 1/2-inch-thick shell.
- ☐ Place bread, cut sides up, on a baking sheet, and broil for 1 1/2 minutes or until toasted.
- ☐ Place mayonnaise, yogurt, vinegar, and 1/4 teaspoon salt in a medium bowl; stir with a whisk.
- ☐ Add coleslaw, jicama, apple, and jalapeo; toss well to coat.
- ☐ Place cornmeal and black pepper in a dish.
- ☐ Place milk in a dish. Dip fish in milk. Dredge in cornmeal mixture; shake off excess breading.
- ☐ Sprinkle with remaining 1/4 teaspoon salt.
- ☐ Heat a skillet over medium-high heat.
- ☐ Add olive oil; swirl to coat.
- ☐ Add fish; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Place 1 fillet in each roll; divide coleslaw among sandwiches.

Nutrition Facts

 **PROTEIN 32.48%**  **FAT 30.05%**  **CARBS 37.47%**

Properties

Glycemic Index:89.33, Glycemic Load:13.36, Inflammation Score:-10, Nutrition Score:28.93086972444%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 395.51kcal (19.78%), Fat: 13.39g (20.59%), Saturated Fat: 2.58g (16.12%), Carbohydrates: 37.56g (12.52%), Net Carbohydrates: 27.99g (10.18%), Sugar: 8.66g (9.62%), Cholesterol: 59.93mg (19.98%), Sodium: 431.62mg (18.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.55g (65.1%), Vitamin A: 10774.22IU (215.48%), Selenium: 51.46µg (73.51%), Folate: 226.78µg (56.7%), Phosphorus: 407.78mg (40.78%), Fiber: 9.57g (38.28%), Manganese: 0.69mg (34.29%), Vitamin B12: 1.93µg (32.11%), Vitamin B3: 5.91mg (29.56%), Magnesium: 103.63mg (25.91%), Potassium: 904.79mg (25.85%), Vitamin B6: 0.47mg (23.53%), Vitamin D: 3.52µg (23.48%), Vitamin K: 22.8µg (21.72%), Vitamin B1: 0.32mg (21.11%), Iron: 3.56mg (19.75%), Copper: 0.39mg (19.62%), Vitamin E: 2.49mg (16.61%), Zinc: 2.2mg (14.66%), Vitamin C: 10.98mg (13.31%), Vitamin B2: 0.22mg (13.21%), Vitamin B5: 1.28mg (12.83%), Calcium: 85.9mg (8.59%)