



Cornmeal Crusted Tilapia Sandwiches with Lime Butter

READY IN



45 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounce bread french toasted
- 2 tablespoons butter softened
- 1 tablespoon chili powder
- 0.5 teaspoon ground coriander
- 1 teaspoon ground cumin
- 0.1 teaspoon ground pepper red
- 1 cup red-leaf lettuce shredded red
- 0.5 teaspoon juice of lime fresh

- 1 teaspoon lime zest grated
- 0.5 teaspoon salt
- 24 ounce tilapia
- 1 inch tomatoes
- 3 tablespoons cornmeal yellow

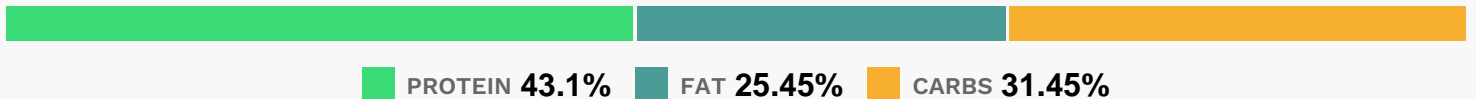
Equipment

- bowl
- broiler
- broiler pan

Directions

- Preheat broiler.
- Combine the first 6 ingredients in a shallow dish. Coat both sides of fish with cooking spray. Dredge fish in cornmeal mixture.
- Place fish on a broiler pan coated with cooking spray. Broil 10 minutes or until fish flakes easily with a fork or until desired degree of doneness.
- Combine butter, rind, and juice in a small bowl; stir well.
- Spread 1 1/2 teaspoons butter mixture over cut side of each of 4 roll tops.
- Place 1 fillet, 1 tomato slice, and 1/4 cup lettuce on each of 4 roll bottoms.
- Place top halves of rolls on sandwiches.

Nutrition Facts



Properties

Glycemic Index:76.5, Glycemic Load:20.31, Inflammation Score:-8, Nutrition Score:23.236956606741%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin:

0.27mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 367.74kcal (18.39%), Fat: 10.51g (16.17%), Saturated Fat: 4.96g (31%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 26.62g (9.68%), Sugar: 2.32g (2.57%), Cholesterol: 100.1mg (33.37%), Sodium: 715.99mg (31.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.05g (80.1%), Selenium: 84.4µg (120.57%), Vitamin B3: 9.17mg (45.85%), Vitamin B12: 2.7µg (44.99%), Phosphorus: 364.36mg (36.44%), Vitamin D: 5.27µg (35.15%), Vitamin B1: 0.41mg (27.23%), Vitamin A: 1330.58IU (26.61%), Folate: 99.28µg (24.82%), Vitamin B6: 0.42mg (20.95%), Manganese: 0.41mg (20.32%), Iron: 3.66mg (20.31%), Vitamin B2: 0.33mg (19.15%), Potassium: 657.54mg (18.79%), Magnesium: 74.43mg (18.61%), Vitamin K: 15.23µg (14.51%), Copper: 0.24mg (12.02%), Vitamin E: 1.77mg (11.83%), Vitamin B5: 1.05mg (10.53%), Fiber: 2.6g (10.39%), Zinc: 1.38mg (9.22%), Calcium: 57.18mg (5.72%), Vitamin C: 0.83mg (1.01%)