



Cornmeal-Crusted Tilapia Sandwiches with Lime Butter

READY IN



45 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce baguette gluten-free toasted halved lengthwise cut into 4 pieces
- ☐ 4 teaspoons butter softened
- ☐ 1 tablespoon chili powder
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 cup lettuce shredded red
- ☐ 0.5 teaspoon juice of lime fresh

- ☐ 1 teaspoon lime rind grated
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce tilapia fillets
- ☐ 2 inch tomatoes
- ☐ 3 tablespoons cornmeal red yellow (such as Bob's Mill)

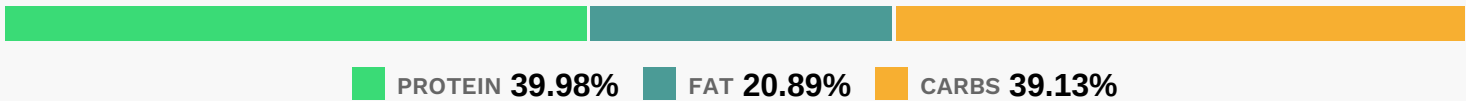
Equipment

- ☐ bowl
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine 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 desired degree of doneness.
- ☐ Combine butter, rind, and juice in a small bowl; stir well.
- ☐ Spread 1 teaspoon butter mixture over cut side of each of 4 bread tops.
- ☐ Place 1/4 cup lettuce, 2 tomato slices, and 1 fillet on each of 4 roll bottoms.
- ☐ Place top halves of rolls on sandwiches.

Nutrition Facts



Properties

Glycemic Index:74.31, Glycemic Load:26.7, Inflammation Score:-8, Nutrition Score:25.378260669501%

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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 421.41kcal (21.07%), Fat: 9.79g (15.07%), Saturated Fat: 4.09g (25.58%), Carbohydrates: 41.26g (13.75%), Net Carbohydrates: 38.1g (13.86%), Sugar: 3.69g (4.1%), Cholesterol: 95.8mg (31.93%), Sodium: 739.83mg (32.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.17g (84.34%), Selenium: 84.4µg (120.58%), Vitamin B3: 10.34mg (51.71%), Vitamin B12: 2.7µg (44.93%), Phosphorus: 386.71mg (38.67%), Vitamin D: 5.27µg (35.15%), Vitamin B1: 0.52mg (34.61%), Folate: 122.85µg (30.71%), Vitamin A: 1285.89IU (25.72%), Manganese: 0.51mg (25.64%), Iron: 4.44mg (24.66%), Vitamin B6: 0.45mg (22.39%), Vitamin B2: 0.37mg (21.82%), Potassium: 696.66mg (19.9%), Magnesium: 79.27mg (19.82%), Vitamin K: 16.97µg (16.16%), Copper: 0.26mg (13.09%), Fiber: 3.16g (12.63%), Vitamin E: 1.85mg (12.32%), Vitamin B5: 1.18mg (11.77%), Calcium: 108.98mg (10.9%), Zinc: 1.5mg (9.99%), Vitamin C: 0.92mg (1.11%)