



Crispy Chipotle Lime Tilapia with Cool Avocado Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons adobo sauce from the can
- ☐ 1 small avocado pitted peeled cut into large chunks
- ☐ 1 chipotle pepper in adobo sauce canned
- ☐ 1 tablespoon juice of lime
- ☐ 3 tablespoons milk
- ☐ 0.3 cup salsa
- ☐ 4 servings salt and pepper to taste

- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 4 fillet tilapia
- ☐ 8 ounce tortilla chips crushed

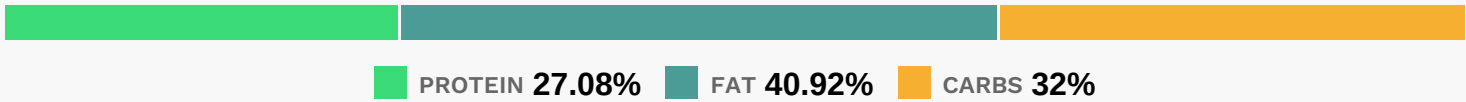
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease a baking sheet with cooking spray.
- ☐ Combine the chipotle pepper, adobo sauce, salsa, and 1 tablespoon lime juice in a blender and blend until smooth; brush the mixture over both sides of each tilapia fillet.
- ☐ Spread the crushed tortilla chips into the bottom of a deep dish; dredge the coated fillets in the chips to coat. Arrange the fillets on the prepared baking pan.
- ☐ Bake the fillets 15 minutes; turn and lightly spray with cooking spray. Continue to bake until golden brown, another 10 to 15 minutes.
- ☐ While the fish bakes, place the avocado, sour cream, and 1 tablespoon lime juice and blend until smooth. Stir in the milk 1 tablespoon at a time until the consistency is similar to ranch dressing. Season with salt and pepper. Spoon the sauce over the baked fillets to serve.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:25.54521732745%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 578.97kcal (28.95%), Fat: 27.08g (41.66%), Saturated Fat: 5.58g (34.91%), Carbohydrates: 47.63g (15.88%), Net Carbohydrates: 40.4g (14.69%), Sugar: 2.92g (3.25%), Cholesterol: 94.83mg (31.61%), Sodium: 2130.8mg (92.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.32g (80.63%), Selenium: 74.92µg (107.03%), Phosphorus: 474.14mg (47.41%), Vitamin B12: 2.78µg (46.28%), Vitamin B3: 8.24mg (41.2%), Vitamin D: 5.39µg (35.96%), Magnesium: 115.7mg (28.92%), Fiber: 7.23g (28.91%), Vitamin E: 4.23mg (28.2%), Vitamin B6: 0.55mg (27.44%), Potassium: 958.33mg (27.38%), Vitamin K: 26.43µg (25.17%), Vitamin B5: 2.33mg (23.25%), Folate: 91µg (22.75%), Vitamin B2: 0.26mg (15.31%), Copper: 0.3mg (14.75%), Iron: 2.55mg (14.18%), Vitamin B1: 0.2mg (13.48%), Calcium: 127.75mg (12.78%), Zinc: 1.82mg (12.11%), Vitamin C: 7.11mg (8.62%), Manganese: 0.16mg (7.79%), Vitamin A: 282.62IU (5.65%)