



Crispy Oven-Baked Tilapia with Lemon-Tomato Fettuccine

READY IN



33 min.

SERVINGS



4

CALORIES



898 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 6 tablespoons butter melted
- ☐ 14.5 oz canned tomatoes canned
- ☐ 2 tablespoons capers drained
- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.3 cup basil fresh chopped
- ☐ 4 garlic clove pressed
- ☐ 2 optional: lemon

- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 teaspoon paprika
- ☐ 2 teaspoons salt divided
- ☐ 16 oz nests of spinach fettuccine
- ☐ 1 cup onion sweet chopped
- ☐ 16 oz tilapia

Equipment

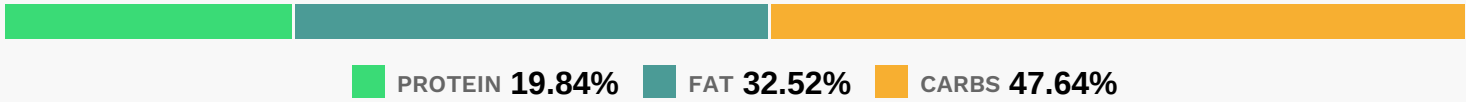
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ measuring cup
- ☐ broiler pan

Directions

- ☐ Preheat oven 425°F.
- ☐ Grate zest from lemons to equal 4 tsp.
- ☐ Cut lemons in half; squeeze juice from lemons into a measuring cup to equal 2 Tbsp.
- ☐ Combine panko, paprika, and 2 tsp. lemon zest in a shallow dish.
- ☐ Sprinkle fish with 1 tsp. salt. Dip fish in 1/4 cup melted butter; dredge in panko mixture, pressing panko to adhere.
- ☐ Place fish on a lightly greased rack in an aluminum foil-lined broiler pan.
- ☐ Drizzle remaining 2 Tbsp. melted butter over fish.
- ☐ Bake 20 to 25 minutes or until fish flakes with a fork.
- ☐ Meanwhile, prepare pasta according to package directions. Melt 2 Tbsp. butter in a large skillet over medium heat; add onion, and saut 5 to 6 minutes or until golden.
- ☐ Add garlic, and cook 1 minute.
- ☐ Add tomatoes, and cook 5 to 6 minutes or until tomato mixture begins to thicken. Stir in 2 Tbsp. lemon juice, 2 Tbsp. capers, and remaining 2 tsp. lemon zest and 1 tsp. salt; cook 2 to 3 minutes.

- ☐ Remove from heat, and toss with hot cooked pasta, feta cheese, and basil.
- ☐ Serve with fish.

Nutrition Facts



Properties

Glycemic Index:87.38, Glycemic Load:37.33, Inflammation Score:-9, Nutrition Score:35.710869830588%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 5.73mg, Kaempferol: 5.73mg, Kaempferol: 5.73mg, Kaempferol: 5.73mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 13.38mg, Quercetin: 13.38mg, Quercetin: 13.38mg, Quercetin: 13.38mg

Nutrients (% of daily need)

Calories: 897.66kcal (44.88%), Fat: 33.09g (50.9%), Saturated Fat: 17.91g (111.91%), Carbohydrates: 109.04g (36.35%), Net Carbohydrates: 100.41g (36.51%), Sugar: 11.06g (12.29%), Cholesterol: 220.5mg (73.5%), Sodium: 1893.84mg (82.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.4g (90.8%), Selenium: 143.77µg (205.39%), Manganese: 1.47mg (73.4%), Phosphorus: 588.86mg (58.89%), Vitamin C: 41.38mg (50.15%), Vitamin B3: 9.38mg (46.9%), Vitamin B12: 2.38µg (39.65%), Vitamin B6: 0.79mg (39.39%), Copper: 0.73mg (36.39%), Vitamin B1: 0.52mg (34.94%), Fiber: 8.63g (34.52%), Magnesium: 137.6mg (34.4%), Potassium: 1114.01mg (31.83%), Iron: 5.63mg (31.25%), Folate: 110.77µg (27.69%), Vitamin A: 1374IU (27.48%), Vitamin D: 3.89µg (25.95%), Vitamin B2: 0.41mg (24.18%), Zinc: 3.51mg (23.4%), Vitamin B5: 2.25mg (22.53%), Vitamin E: 3.12mg (20.8%), Calcium: 199.95mg (19.99%), Vitamin K: 18.5µg (17.62%)