



Crispy Tilapia Fillets with Fennel-Mint Tzatziki

READY IN



45 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large egg whites beaten
- 1 cup fennel bulb diced chopped finely
- 1 teaspoon fennel seeds finely
- 1.5 tablespoons mint leaves fresh chopped
- 4 tablespoons olive oil extra virgin extra-virgin divided
- 2 cups panko bread crumbs fresh () (japanese breadcrumbs)
- 0.8 cup greek yogurt greek-style
- 4 large tilapia
- 1 teaspoon balsamic vinegar white

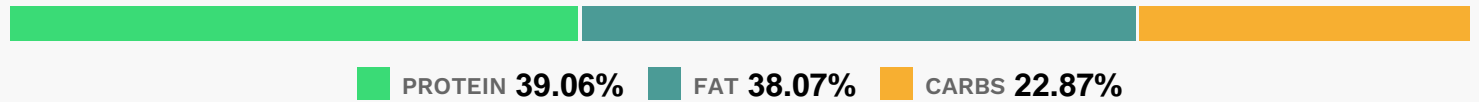
Equipment

bowl

Directions

- Place fennel bulb and fronds in small bowl.
- Sprinkle lightly with salt; toss.
- Let stand 10 minutes.
- Mix in yogurt, mint, vinegar, and 1 tablespoon oil. Season with salt and pepper.
- Sprinkle 1 side of each fillet with ground fennel, salt, and pepper.
- Brush with egg white; coat with panko. Turn over; repeat with seasoning, egg, and panko.
- Heat 3 tablespoons oil in large nonstick skillet over medium-high heat.
- Add fish. Cook until opaque in center, about 2 minutes per side.
- Serve with tzatziki.
- Per serving: 432 calories, 19 g fat, 2 g fiber
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:23.492173972337%

Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 443.51kcal (22.18%), Fat: 18.77g (28.87%), Saturated Fat: 3.35g (20.97%), Carbohydrates: 25.36g (8.45%), Net Carbohydrates: 22.99g (8.36%), Sugar: 4.19g (4.65%), Cholesterol: 86.88mg (28.96%), Sodium: 348.09mg

(15.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.33g (86.66%), Selenium: 84.13µg (120.19%), Vitamin B12: 3.06µg (51.02%), Vitamin B3: 8.91mg (44.57%), Phosphorus: 405.65mg (40.57%), Vitamin D: 5.27µg (35.13%), Vitamin K: 26.45µg (25.19%), Vitamin B1: 0.37mg (24.94%), Vitamin B2: 0.38mg (22.55%), Manganese: 0.44mg (22.04%), Potassium: 749.25mg (21.41%), Folate: 83.86µg (20.97%), Vitamin E: 2.85mg (19%), Magnesium: 71.11mg (17.78%), Vitamin B6: 0.35mg (17.56%), Iron: 2.87mg (15.93%), Calcium: 135.77mg (13.58%), Copper: 0.24mg (11.92%), Vitamin B5: 1.19mg (11.9%), Fiber: 2.37g (9.49%), Zinc: 1.28mg (8.54%), Vitamin C: 3.31mg (4.01%), Vitamin A: 110.97IU (2.22%)