



Crumb-Topped Tilapia

READY IN



16 min.

SERVINGS



6

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon basil dried
- ☐ 0.1 teaspoon garlic powder
- ☐ 2 tablespoons juice of lemon
- ☐ 6 servings lemon wedges optional
- ☐ 3 tablespoons mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup parmesan grated
- ☐ 3 tablespoons round crushed
- ☐ 6 servings salt and pepper

- ☐ 24 ounce tilapia fillets
- ☐ 4 tablespoons butter unsalted room temperature

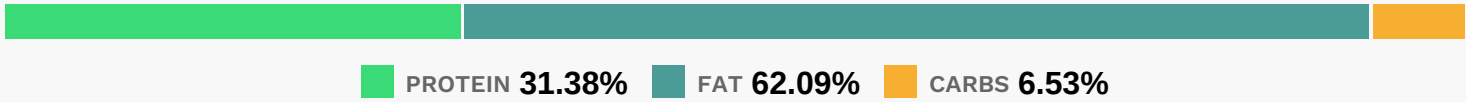
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Place a rack 4 inches from heat source and preheat broiler to high. Line a rimmed baking sheet with foil; mist with cooking spray.
- ☐ In a small bowl, stir together Parmesan, butter, mayonnaise, lemon juice, basil, tsp. pepper, garlic powder and crushed crackers until thoroughly mixed.
- ☐ Place topping mix in freezer while preparing fish.
- ☐ Place fillets in a single layer on baking sheet.
- ☐ Drizzle with olive oil and season with salt and pepper. Broil until fish is opaque, 7 to 8 minutes.
- ☐ Remove from oven and spread cracker mixture evenly over filets. Broil until topping is golden brown and edges of fillets are crispy, about 2 minutes.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:13.615217486153%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin:

0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 335.37kcal (16.77%), Fat: 23.29g (35.83%), Saturated Fat: 8.69g (54.34%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 5.28g (1.92%), Sugar: 0.87g (0.96%), Cholesterol: 85.37mg (28.46%), Sodium: 497.18mg (21.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.96%), Selenium: 49.9µg (71.28%), Vitamin B12: 1.92µg (31.93%), Phosphorus: 275.44mg (27.54%), Vitamin D: 3.71µg (24.74%), Vitamin B3: 4.82mg (24.11%), Vitamin K: 21.01µg (20.01%), Calcium: 125.9mg (12.59%), Vitamin E: 1.86mg (12.41%), Potassium: 371.03mg (10.6%), Vitamin B6: 0.2mg (10.06%), Magnesium: 36.67mg (9.17%), Folate: 35.02µg (8.76%), Vitamin B2: 0.12mg (7.34%), Vitamin B5: 0.65mg (6.49%), Iron: 1.13mg (6.27%), Vitamin A: 303.7IU (6.07%), Vitamin B1: 0.09mg (5.7%), Copper: 0.1mg (5.11%), Manganese: 0.09mg (4.53%), Zinc: 0.68mg (4.51%), Vitamin C: 2.47mg (2.99%)