



Cuban-Style Tilapia Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup pineapple juice
- 1 teaspoon lime zest grated
- 2 tablespoons juice of lime
- 1 tablespoon canola oil
- 0.3 teaspoon lawry's seasoned salt
- 20 oz fish fillet
- 1 serving pam original flavor shopping list
- 2 tablespoons juice of lime

- 0.5 teaspoon lawry's seasoned salt
- 4 cups the salad mixed
- 2 cups pineapple chunks fresh canned drained ()
- 0.3 cup mint leaves fresh

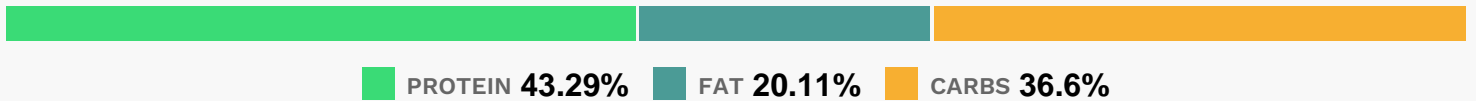
Equipment

- oven
- whisk
- measuring cup
- broiler pan

Directions

- In 1-cup glass measuring cup, beat all dressing ingredients with wire whisk.
- Set oven control to broil. On rack in broiler pan, place fish; spray tops of fish with cooking spray.
- Sprinkle tops of fish with 2 tablespoons lime juice and the seasoned salt. Broil with tops 4 to 6 inches from heat 6 to 8 minutes or until fish flakes easily with fork.
- Meanwhile, on each of 4 plates, arrange 1 cup salad greens. Divide pineapple among plates.
- Place fish on or next to greens.
- Sprinkle greens and fish with mint.
- Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.73, Inflammation Score:-7, Nutrition Score:18.772174192512%

Flavonoids

Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin:

0.07mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 266.1kcal (13.3%), Fat: 6.16g (9.48%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 25.23g (8.41%), Net Carbohydrates: 23.33g (8.49%), Sugar: 20.07g (22.31%), Cholesterol: 70.87mg (23.62%), Sodium: 523.11mg (22.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.84g (59.69%), Selenium: 59.93µg (85.62%), Vitamin B12: 2.24µg (37.33%), Vitamin C: 28.89mg (35.02%), Vitamin B3: 6.22mg (31.09%), Vitamin D: 4.39µg (29.29%), Phosphorus: 271.45mg (27.15%), Potassium: 716.07mg (20.46%), Vitamin B6: 0.39mg (19.47%), Magnesium: 67.45mg (16.86%), Folate: 64.79µg (16.2%), Manganese: 0.3mg (14.84%), Copper: 0.29mg (14.36%), Vitamin B1: 0.21mg (14.27%), Vitamin A: 642.25IU (12.84%), Iron: 1.63mg (9.06%), Vitamin B2: 0.15mg (8.83%), Vitamin E: 1.24mg (8.29%), Vitamin B5: 0.78mg (7.84%), Fiber: 1.9g (7.58%), Vitamin K: 5.49µg (5.23%), Calcium: 51.51mg (5.15%), Zinc: 0.75mg (4.98%)