



Cuban-Style Tilapia Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



264 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup mint leaves fresh
- ☐ 2 tablespoons juice of lime
- ☐ 1 teaspoon lime zest grated
- ☐ 4 cups the salad mixed
- ☐ 2 cups pineapple chunks fresh canned drained ()
- ☐ 0.5 cup pineapple juice
- ☐ 0.3 teaspoon lawry's seasoned salt

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- ☐ 20 oz fish fillet

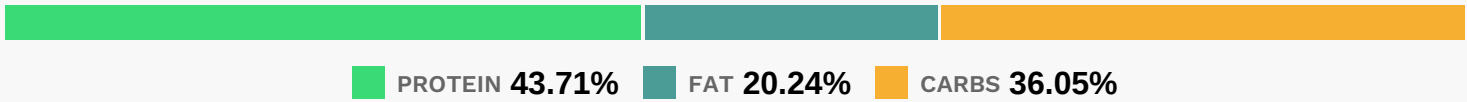
Equipment

- ☐ 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:18.57304369885%

Flavonoids

Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 264.02kcal (13.2%), Fat: 6.14g (9.44%), Saturated Fat: 1.11g (6.94%), Carbohydrates: 24.59g (8.2%), Net Carbohydrates: 22.73g (8.26%), Sugar: 19.95g (22.16%), Cholesterol: 70.87mg (23.62%), Sodium: 522.94mg (22.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.81g (59.63%), Selenium: 59.92µg (85.61%), Vitamin B12: 2.24µg (37.33%), Vitamin C: 26.64mg (32.29%), Vitamin B3: 6.21mg (31.03%), Vitamin D: 4.39µg (29.29%), Phosphorus: 270.4mg (27.04%), Potassium: 707.29mg (20.21%), Vitamin B6: 0.39mg (19.33%), Magnesium: 66.85mg (16.71%), Folate: 64.04µg (16.01%), Manganese: 0.3mg (14.78%), Copper: 0.29mg (14.26%), Vitamin B1: 0.21mg (14.15%), Vitamin A: 638.5IU (12.77%), Iron: 1.62mg (9.03%), Vitamin B2: 0.15mg (8.77%), Vitamin E: 1.23mg (8.18%), Vitamin B5: 0.77mg (7.75%), Fiber: 1.87g (7.46%), Vitamin K: 5.44µg (5.19%), Calcium: 50.46mg (5.05%), Zinc: 0.74mg (4.94%)