



Easy Parmesan-Crusted Tilapia

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp coarsely ground pepper black
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 0.3 cup parmesan cheese grated kraft
- 1.5 lb tilapia fillets

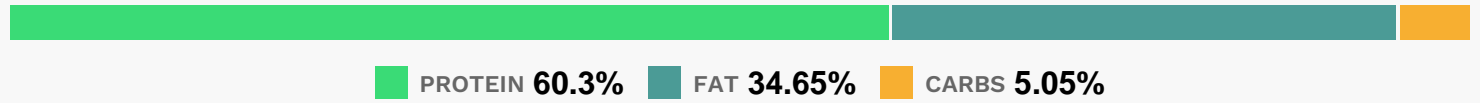
Equipment

- baking sheet
- oven

Directions

- Heat oven to 425F.
- Place fish in single layer on parchment-covered baking sheet.
- Mix cheese and pepper until blended.
- Spread fish with mayo; sprinkle with cheese mixture.
- Bake 8 to 10 min. or until fish flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:2.13, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:4.5082608241102%

Nutrients (% of daily need)

Calories: 65.08kcal (3.25%), Fat: 2.5g (3.85%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 0.82g (0.27%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.18g (0.2%), Cholesterol: 25.41mg (8.47%), Sodium: 103.67mg (4.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.6%), Selenium: 19.87µg (28.39%), Vitamin B12: 0.75µg (12.44%), Vitamin D: 1.42µg (9.45%), Phosphorus: 92.16mg (9.22%), Vitamin B3: 1.77mg (8.87%), Potassium: 144.39mg (4.13%), Vitamin B6: 0.08mg (3.79%), Vitamin K: 3.56µg (3.39%), Magnesium: 13.35mg (3.34%), Folate: 11.24µg (2.81%), Calcium: 25.07mg (2.51%), Vitamin B5: 0.23mg (2.33%), Vitamin B2: 0.04mg (2.15%), Vitamin E: 0.3mg (2.02%), Copper: 0.04mg (1.88%), Manganese: 0.04mg (1.8%), Zinc: 0.25mg (1.67%), Iron: 0.28mg (1.58%), Vitamin B1: 0.02mg (1.32%)