



Fish Fillets with Roasted Red Pepper Mayonnaise

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 0.3 teaspoon cumin
- 1 garlic clove minced
- 0.5 cup mayonnaise light
- 0.3 teaspoon paprika
- 0.3 teaspoon pepper
- 0.3 cup roasted peppers red chopped (from a jar)

0.3 teaspoon salt

1.5 lb tilapia

Equipment

bowl

oven

baking pan

Directions

Heat oven to 400F. Using about 1/4 of the butter, lightly grease shallow baking pan. Arrange tilapia fillets in buttered pan.

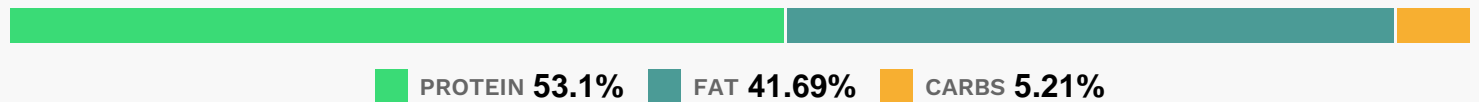
Brush fish with remaining butter; sprinkle with salt, pepper and paprika.

Bake at 400F. for 15 to 20 minutes or until fish flakes easily with fork.

Meanwhile, in small bowl, combine all remaining ingredients; blend well.

Serve fish with mayonnaise mixture.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:16.58347828751%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 258.86kcal (12.94%), Fat: 12.02g (18.5%), Saturated Fat: 3.77g (23.57%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 3.17g (1.15%), Sugar: 1.02g (1.14%), Cholesterol: 97.05mg (32.35%), Sodium: 608.09mg (26.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.46g (68.92%), Selenium: 72.02µg (102.88%), Vitamin B12: 2.69µg (44.89%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.72mg (33.58%), Phosphorus: 298.32mg (29.83%), Vitamin K: 17.99µg (17.13%), Potassium: 545.77mg (15.59%), Vitamin B6: 0.3mg (15.23%), Magnesium: 48.6mg (12.15%), Folate: 43.57µg (10.89%), Vitamin E: 1.42mg (9.45%), Vitamin B5: 0.86mg (8.61%), Copper: 0.15mg (7.51%), Vitamin B2: 0.11mg (6.7%), Iron: 1.2mg (6.66%), Manganese: 0.11mg (5.7%), Vitamin C: 4.31mg (5.23%), Vitamin B1:

0.08mg (5.14%), Vitamin A: 216.47IU (4.33%), Zinc: 0.62mg (4.15%), Calcium: 26.57mg (2.66%)