



Fish with Bacon, Onion and Tomatoes



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon smoked diced sliced
- ☐ 0.5 cup onion thinly sliced
- ☐ 0.3 cup cornmeal
- ☐ 1 eggs
- ☐ 1 lb tilapia cut into 4 serving pieces
- ☐ 14.5 oz canned tomatoes diced with green chiles, undrained canned
- ☐ 0.5 cup frangelico

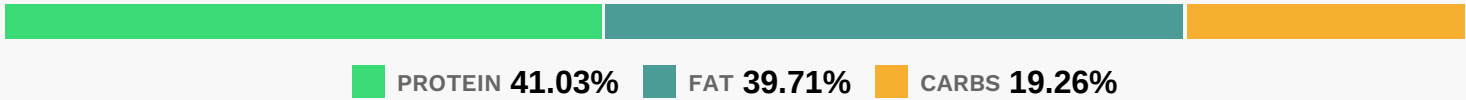
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In 12-inch nonstick skillet, cook bacon over medium-high heat 5 to 8 minutes, stirring occasionally, until browned.
- ☐ Remove bacon from skillet with slotted spoon; set aside.
- ☐ Reduce heat to medium.
- ☐ Add onion to bacon fat; cook 5 minutes, stirring occasionally. Meanwhile, in shallow dish, mix Bisquick mix and cornmeal. In another shallow dish, beat egg. Dip fish into egg, then coat with Bisquick mixture.
- ☐ Remove onion from skillet with slotted spoon; set aside.
- ☐ Place fish in skillet with bacon fat. Cook over medium heat 3 to 5 minutes, turning once, until lightly browned.
- ☐ Add tomatoes to skillet. Reduce heat; simmer about 5 minutes or until fish flakes easily with fork. Top fish with bacon and onion before serving.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:4.74, Inflammation Score:-5, Nutrition Score:17.03173914163%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 279.96kcal (14%), Fat: 12.44g (19.14%), Saturated Fat: 4.06g (25.4%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 11.28g (4.1%), Sugar: 3.49g (3.88%), Cholesterol: 112.14mg (37.38%), Sodium: 231.7mg (10.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.93g (57.87%), Selenium: 56µg (80%), Vitamin B12: 2µg (33.33%), Vitamin B3: 6.32mg (31.6%), Phosphorus: 293.92mg (29.39%), Vitamin D: 3.82µg (25.49%), Vitamin B6: 0.46mg (22.88%), Potassium: 655.6mg (18.73%), Magnesium: 58.51mg (14.63%), Vitamin C: 11.04mg (13.38%),

Vitamin B1: 0.2mg (13.12%), Iron: 2.25mg (12.52%), Vitamin B2: 0.21mg (12.39%), Folate: 47.79µg (11.95%),
Manganese: 0.22mg (10.8%), Vitamin B5: 1.05mg (10.48%), Copper: 0.2mg (10.25%), Vitamin E: 1.4mg (9.36%),
Fiber: 2.3g (9.21%), Zinc: 1.26mg (8.41%), Calcium: 55.65mg (5.57%), Vitamin K: 4.7µg (4.48%), Vitamin A: 188.18IU
(3.76%)