



Fish with Pico Garlic Rub

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chipotle chili spice islands®
- ☐ 1 tablespoon cilantro leaves spice islands®
- ☐ 0.5 cup flour
- ☐ 2 tablespoons garlic powder spice islands®
- ☐ 1 lime wedges
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon paprika spice islands®
- ☐ 2 tablespoons parsley flakes spice islands®

- ☐ 0.5 teaspoon sea salt spice islands®
- ☐ 1.5 pounds tilapia fillets

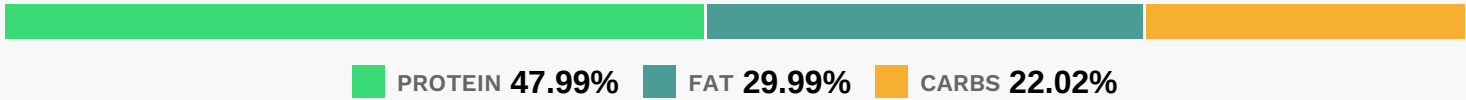
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix rub ingredients in a medium bowl. Set aside.
- ☐ Coat fish with flour.
- ☐ Heat 2 tablespoons olive oil in a skillet on medium heat.
- ☐ Place fish in skillet. Cook on one side for 3 to 4 minutes. Turn and brush on the garlic rub. Cook 3 to 4 minutes.
- ☐ Remove fish from skillet and squeeze lime juice over all.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:5.92, Inflammation Score:-5, Nutrition Score:13.464347828989%

Flavonoids

Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 30.03mg, Apigenin: 30.03mg, Apigenin: 30.03mg, Apigenin: 30.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 203.36kcal (10.17%), Fat: 6.84g (10.52%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 10.16g (3.7%), Sugar: 0.57g (0.63%), Cholesterol: 56.7mg (18.9%), Sodium: 258.7mg (11.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.62g (49.23%), Selenium: 51.7µg (73.85%), Vitamin B12: 1.79µg (29.86%), Vitamin B3: 5.17mg (25.84%), Vitamin D: 3.52µg (23.44%), Phosphorus: 219.59mg (21.96%), Vitamin K:

13.99µg (13.33%), Vitamin B6: 0.25mg (12.35%), Folate: 49.18µg (12.29%), Potassium: 414.4mg (11.84%), Manganese: 0.21mg (10.54%), Magnesium: 38.42mg (9.61%), Vitamin B1: 0.14mg (9.55%), Vitamin E: 1.31mg (8.76%), Vitamin B2: 0.15mg (8.67%), Iron: 1.53mg (8.52%), Vitamin B5: 0.64mg (6.4%), Copper: 0.12mg (6.2%), Fiber: 1.14g (4.54%), Zinc: 0.58mg (3.88%), Vitamin A: 183.11IU (3.66%), Calcium: 24.57mg (2.46%), Vitamin C: 1.76mg (2.13%)