



## Fried Whole Tilapia with Basil and Chilies

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



1

CALORIES



2304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 large chili peppers red sliced
- 0.3 cup cilantro leaves chopped
- 2 tablespoons cooking oil
- 2 tablespoons fish sauce
- 5 cloves garlic chopped
- 2 tablespoons soya sauce light
- 1 quart oil for deep frying
- 0.3 cup thai basil leaves

- 10 ounce tilapia fresh whole cleaned
- 1 onion yellow chopped

## Equipment

- frying pan
- paper towels
- sauce pan
- kitchen thermometer

## Directions

- Heat 1 quart oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). If you do not have a thermometer, then dip the head of the fish into the oil; if it sizzles, it is ready, if it does not sizzle, then wait a couple minutes and try again.
- Rinse the fish and dry well. Make several angled slits along the body of the fish, cutting down to the rib bones. Make two lateral slits along the back of the fish, from head to tail, on either side of the dorsal fin. These cuts will ensure quick cooking and maximum crispiness.
- Gently slip the fish into the oil and fry until crispy, 7 to 10 minutes. Carefully remove the fish from the oil and let it drain on paper towels.
- Place on a large serving platter.
- While the fish drains, heat 2 tablespoons oil in a large skillet. Cook and stir the chili peppers, garlic, and onion in the hot oil until lightly browned, 5 to 7 minutes. Stir the fish sauce and soy sauce into the mixture, remove from heat, and fold the Thai basil and cilantro into the mixture.
- Pour the sauce over the fish to serve.

## Nutrition Facts

 **PROTEIN 11.12%**  **FAT 85.36%**  **CARBS 3.52%**

## Properties

Glycemic Index:174, Glycemic Load:3.98, Inflammation Score:-10, Nutrition Score:41.187391156736%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 24.71mg, Quercetin: 24.71mg, Quercetin: 24.71mg

## Nutrients (% of daily need)

Calories: 2303.78kcal (115.19%), Fat: 222.52g (342.34%), Saturated Fat: 17.74g (110.86%), Carbohydrates: 20.61g (6.87%), Net Carbohydrates: 17.21g (6.26%), Sugar: 7.82g (8.68%), Cholesterol: 141.75mg (47.25%), Sodium: 4995.68mg (217.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.23g (130.47%), Vitamin E: 39.42mg (262.78%), Vitamin K: 199.58µg (190.08%), Selenium: 124.89µg (178.41%), Vitamin B12: 4.65µg (77.53%), Vitamin B3: 13.87mg (69.33%), Phosphorus: 595.37mg (59.54%), Vitamin D: 8.79µg (58.59%), Vitamin B6: 1.03mg (51.37%), Magnesium: 175.77mg (43.94%), Manganese: 0.87mg (43.38%), Potassium: 1342.2mg (38.35%), Folate: 122.06µg (30.52%), Vitamin A: 1256.49IU (25.13%), Copper: 0.4mg (20.24%), Iron: 3.62mg (20.13%), Vitamin B2: 0.34mg (20.07%), Vitamin C: 15.94mg (19.33%), Vitamin B5: 1.84mg (18.42%), Vitamin B1: 0.23mg (15.28%), Fiber: 3.4g (13.59%), Calcium: 117.9mg (11.79%), Zinc: 1.62mg (10.78%)