



Graham-Crusted Tilapia

READY IN



25 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb fish fillet
- ☐ 0.5 cup graham cracker crumbs (8 squares)
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 2 tablespoons canola oil
- ☐ 2 tablespoons pecans toasted chopped

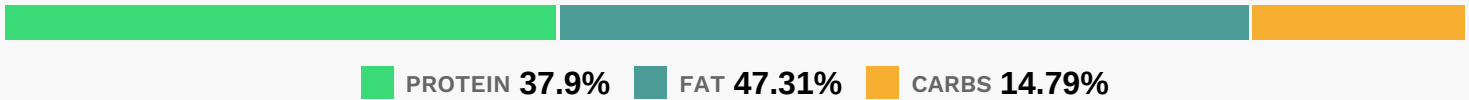
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Move oven rack to position slightly above middle of oven.
- ☐ Heat oven to 500°F.
- ☐ Cut fish fillets crosswise into 2-inch-wide pieces. In shallow dish, mix cracker crumbs, lemon peel, salt and pepper.
- ☐ Place milk in another shallow dish.
- ☐ Dip fish into milk, then coat with cracker mixture.
- ☐ Place in ungreased 13x9-inch pan.
- ☐ Drizzle oil over fish; sprinkle with pecans.
- ☐ Bake about 10 minutes or until fish flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:37.31, Glycemic Load:5.93, Inflammation Score:-3, Nutrition Score:12.966087012187%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg

Nutrients (% of daily need)

Calories: 255.41kcal (12.77%), Fat: 13.59g (20.91%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 9.56g (3.19%), Net Carbohydrates: 8.66g (3.15%), Sugar: 3.41g (3.79%), Cholesterol: 57.16mg (19.05%), Sodium: 279.83mg (12.17%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.5g (49%), Selenium: 47.9µg (68.43%), Vitamin B12: 1.88µg (31.34%), Vitamin D: 3.68µg (24.56%), Vitamin B3: 4.9mg (24.51%), Phosphorus: 244.38mg (24.44%), Manganese: 0.28mg (13.79%), Potassium: 408.78mg (11.68%), Vitamin E: 1.75mg (11.67%), Magnesium: 44.89mg (11.22%), Vitamin B6: 0.21mg (10.73%), Folate: 33.53µg (8.38%), Copper: 0.15mg (7.5%), Vitamin B1: 0.11mg (7.49%), Vitamin B2: 0.12mg (7.28%), Iron: 1.21mg (6.7%), Vitamin B5: 0.65mg (6.53%), Vitamin K: 6.86µg (6.53%), Zinc: 0.88mg (5.84%), Calcium: 44.38mg (4.44%), Fiber: 0.91g (3.62%)