



Green Chile Broiled Tilapia



Gluten Free



Dairy Free



Low Fod Map

READY IN



22 min.

SERVINGS



6

CALORIES



161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 oz chiles green chopped canned
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon hot sauce
- ☐ 2 tablespoons catsup
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 6 servings lime wedges
- ☐ 1 tablespoon olive oil

- ☐ 36 oz orange roughy fillets
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

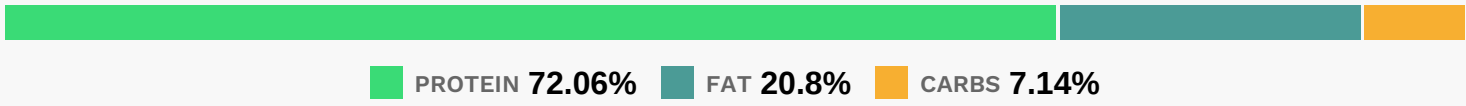
Equipment

- ☐ bowl
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Sprinkle fillets with salt and pepper. Arrange fillets on a lightly greased rack in a broiler pan.
- ☐ Stir together green chiles and next 6 ingredients in a small bowl. Spoon about half of mixture evenly over fillets, spreading to edges.
- ☐ Broil 5 inches from heat 10 minutes or until fish flakes with a fork.
- ☐ Serve fish with remaining green chile mixture and lime wedges.
- ☐ MENU IDEA FOR 6 * Green Chile Broiled Tilapia * Mexican rice
- ☐ GROCERIES NEEDED Check staples: salt, pepper, ketchup, olive oil, ground cumin, hot sauce * 6 (6-oz.) tilapia or orange roughy fillets * 1 (5-oz.) can chopped green chiles * 2 limes * 2 (4-oz.) packages Mexican rice (such as Lipton Fiesta Sides)

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:11.114782633989%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 160.97kcal (8.05%), Fat: 3.61g (5.56%), Saturated Fat: 0.36g (2.23%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.34g (0.85%), Sugar: 1.13g (1.26%), Cholesterol: 102.06mg (34.02%), Sodium: 448.5mg (19.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.16g (56.32%), Selenium: 113.57µg (162.24%), Phosphorus: 186.79mg (18.68%), Vitamin E: 2.46mg (16.42%), Folate: 56.54µg (14.14%), Vitamin B3: 2.82mg (14.09%), Iron: 2.11mg (11.71%), Vitamin B12: 0.65µg (10.77%), Vitamin C: 8.68mg (10.53%), Potassium: 329.2mg (9.41%), Magnesium: 31.15mg (7.79%), Copper: 0.14mg (6.77%), Vitamin B6: 0.12mg (6.21%), Vitamin B2: 0.09mg (5.43%), Manganese: 0.1mg (5.23%), Vitamin B1: 0.06mg (3.8%), Vitamin A: 175.07IU (3.5%), Zinc: 0.43mg (2.85%), Vitamin K: 2.91µg (2.77%), Calcium: 25.8mg (2.58%), Fiber: 0.45g (1.82%), Vitamin B5: 0.11mg (1.14%)