



Grilled Tilapia with Corn Salsa

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



8

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado chopped
- 2 large ears corn on the cob in husks
- 2 green onions chopped
- 0.8 cup 3/4 cup kraft zesty italian dressing italian divided kraft
- 2 cups plum tomatoes divided seeded chopped
- 2 lb tilapia fillets

Equipment

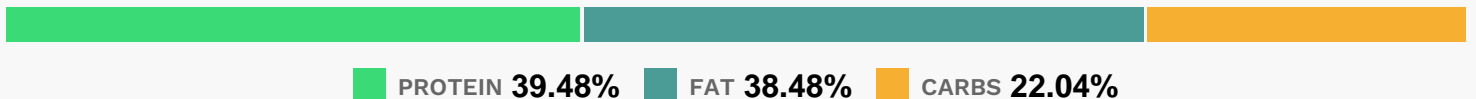
- bowl

grill

Directions

- Remove 16 husks from corn, being careful to keep husks intact.
- Remove remaining husks; discard. Soak corn and husks in water 30 min. Meanwhile, pour 1/2 cup dressing over fish in shallow dish. Refrigerate until ready to use.
- Combine remaining dressing with half the tomatoes.
- Heat grill to medium-high heat. Grill corn 15 min. or until tender, turning occasionally. Cool slightly.
- Cut kernels off cobs; place in medium bowl.
- Add remaining tomatoes, avocados and onions; mix lightly.
- Remove fish from dressing; discard dressing.
- Place 1 fillet on each of 8 corn husks. Cover with remaining husks, completely enclosing each fillet.
- Grill 4 min. on each side or until fish flakes easily with fork.
- Transfer to platter; remove top husks. Top fish with tomato mixture and corn salsa. (Do not eat corn husks.)

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.83, Inflammation Score:-7, Nutrition Score:17.243043484895%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 244.29kcal (12.21%), Fat: 10.88g (16.73%), Saturated Fat: 1.98g (12.39%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 10.83g (3.94%), Sugar: 6.41g (7.12%), Cholesterol: 56.7mg (18.9%), Sodium: 288.3mg (12.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.11g (50.22%), Selenium: 48.17µg (68.82%), Vitamin B12: 1.79µg (29.86%), Vitamin B3: 5.89mg (29.46%), Vitamin K: 30.19µg (28.75%), Phosphorus: 256.27mg (25.63%), Vitamin D: 3.52µg (23.44%), Potassium: 727.81mg (20.79%), Folate: 73.37µg (18.34%), Vitamin B6: 0.34mg (17.24%), Vitamin C: 13.7mg (16.6%), Magnesium: 59.34mg (14.83%), Fiber: 3.19g (12.74%), Vitamin A: 634.07IU (12.68%), Vitamin B5: 1.21mg (12.12%), Vitamin E: 1.82mg (12.11%), Manganese: 0.22mg (10.75%), Vitamin B1: 0.15mg (9.78%), Copper: 0.19mg (9.68%), Vitamin B2: 0.14mg (8.08%), Iron: 1.22mg (6.78%), Zinc: 0.83mg (5.51%), Calcium: 26.01mg (2.6%)