



Grilled Tilapia with Cucumber Yogurt Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 0.3 teaspoon cayenne pepper
- 0.5 medium european cucumber diced finely
- 2 tablespoons optional: dill fresh chopped
- 2 cloves garlic minced
- 0.5 juice of lemon
- 1 teaspoon kosher salt
- 4 servings kosher salt and pepper black freshly ground

- 16 ounce greek yogurt low-fat
- 2 tablespoons olive oil extra-virgin
- 4 servings olive oil for grill
- 16 ounce tilapia fillets

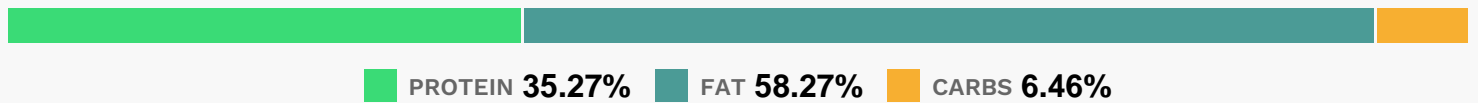
Equipment

- bowl
- plastic wrap
- grill
- kitchen towels

Directions

- Add the dill, olive oil, cayenne pepper, garlic, yogurt, cucumber and lemon juice to a medium bowl and combine. Season the sauce with salt and pepper. Cover with plastic wrap and refrigerate until ready to serve.
- For the grilled tilapia: Preheat the grill to medium-high heat.
- Sprinkle the fish evenly with the salt and pepper. Oil the grill grates with a clean tea towel. Grill the tilapia 4 minutes, then flip and cook the second side, 4 to 5 minutes longer.
- Transfer to a platter. Top each fillet tableside with the cucumber yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:13.246956716413%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 388.75kcal (19.44%), Fat: 25.3g (38.92%), Saturated Fat: 4.94g (30.88%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 5.89g (2.14%), Sugar: 5.01g (5.57%), Cholesterol: 63.28mg (21.09%), Sodium: 688.32mg (29.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.45g (68.9%), Selenium: 47.68µg (68.12%), Vitamin B12: 1.79µg (29.86%), Vitamin E: 3.54mg (23.57%), Vitamin D: 3.52µg (23.44%), Vitamin B3: 4.47mg (22.35%), Phosphorus: 202.09mg (20.21%), Vitamin K: 17.15µg (16.33%), Calcium: 154.3mg (15.43%), Potassium: 398.81mg (11.39%), Vitamin B6: 0.22mg (11.1%), Magnesium: 35.57mg (8.89%), Manganese: 0.17mg (8.44%), Folate: 32.06µg (8.02%), Vitamin B5: 0.64mg (6.36%), Copper: 0.12mg (5.86%), Iron: 0.92mg (5.13%), Vitamin B2: 0.08mg (4.87%), Vitamin B1: 0.06mg (3.96%), Vitamin C: 2.99mg (3.62%), Vitamin A: 154.95IU (3.1%), Zinc: 0.45mg (3%), Fiber: 0.41g (1.63%)