



Grilled Tilapia with Shirazi Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



18 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cucumber diced peeled
- ☐ 0.8 cup parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 4 servings lemon wedges
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper divided
- ☐ 2 teaspoons onion diced red

- ☐ 0.3 teaspoon salt divided
- ☐ 24 ounce tilapia fillets
- ☐ 2 tablespoons tomatoes diced

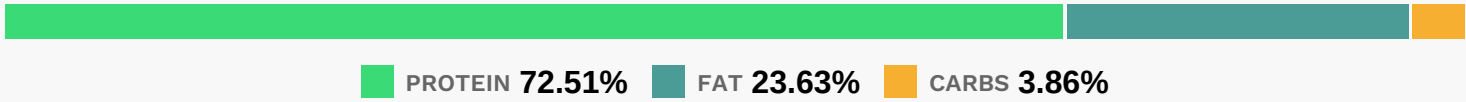
Equipment

- ☐ grill

Directions

- ☐ Combine first 7 ingredients. Stir in 1/8 teaspoon each of salt and pepper. Cover salsa, and chill at least 30 minutes.
- ☐ Preheat grill.
- ☐ Sprinkle fish fillets with remaining 1/8 teaspoon each salt and pepper.
- ☐ Place fillets on grill rack coated with cooking spray; grill 3 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Serve with salsa and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:49.88, Glycemic Load:0.32, Inflammation Score:-8, Nutrition Score:22.281304566757%

Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Hesperetin: 0.64mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 189.91kcal (9.5%), Fat: 5.03g (7.73%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.53g (0.59%), Cholesterol: 85.05mg (28.35%), Sodium: 240.89mg (10.47%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.69g (69.38%), Vitamin K: 189.42µg (180.4%), Selenium: 71.24µg (101.78%), Vitamin B12: 2.69µg (44.79%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.84mg (34.22%), Phosphorus: 301.01mg (30.1%), Vitamin C: 18.02mg (21.84%), Vitamin A: 1015.75IU (20.32%), Potassium: 613.73mg (17.54%), Vitamin B6: 0.31mg (15.41%), Folate: 60.91µg (15.23%), Magnesium: 53.99mg (13.5%), Iron: 1.73mg (9.63%), Vitamin B5: 0.91mg (9.1%), Copper: 0.16mg (7.96%), Vitamin E: 1.1mg (7.35%), Vitamin B2: 0.12mg (7.25%), Manganese: 0.13mg (6.28%), Vitamin B1: 0.09mg (5.84%), Zinc: 0.72mg (4.81%), Calcium: 36.97mg (3.7%), Fiber: 0.61g (2.45%)