



## Grilled Tilapia with Smoked Paprika and Parmesan Polenta

 Gluten Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 cups milk fat-free
- ☐ 0.5 teaspoon garlic powder
- ☐ 1.5 tablespoons olive oil
- ☐ 1.5 ounces parmesan cheese grated
- ☐ 1 cup quick-cooking polenta
- ☐ 0.3 teaspoon salt

- ☐ 1 teaspoon paprika smoked
- ☐ 24 ounce tilapia fillets

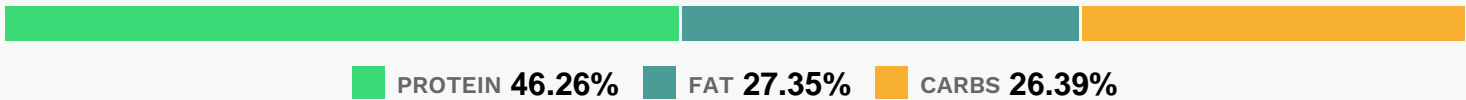
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill pan

## Directions

- ☐ To prepare polenta, bring milk to a boil in a medium saucepan; gradually add polenta, stirring constantly with a whisk. Reduce heat, and cook 5 minutes or until thick, stirring constantly; stir in 1/4 teaspoon salt.
- ☐ Remove from heat. Stir in cheese; cover and keep warm.
- ☐ To prepare the fish, heat a large nonstick grill pan over medium-high heat.
- ☐ Combine oil, paprika, garlic powder, 1/2 teaspoon salt, and pepper in a bowl, stirring well. Rub fish evenly with oil mixture. Coat pan with cooking spray.
- ☐ Add fish to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.

## Nutrition Facts



## Properties

Glycemic Index:37.56, Glycemic Load:11.77, Inflammation Score:-8, Nutrition Score:29.562608812571%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 415.93kcal (20.8%), Fat: 12.78g (19.66%), Saturated Fat: 3.73g (23.29%), Carbohydrates: 27.74g (9.25%), Net Carbohydrates: 25.6g (9.31%), Sugar: 12.73g (14.14%), Cholesterol: 101.65mg (33.88%), Sodium: 521.59mg (22.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.63g (97.26%), Selenium: 86.74µg (123.92%), Phosphorus: 714.87mg (71.49%), Vitamin B12: 4.25µg (70.87%), Vitamin D: 8.02µg (53.47%), Manganese: 0.98mg (48.94%), Calcium: 446.05mg (44.61%), Vitamin B3: 7.16mg (35.79%), Magnesium: 135.17mg (33.79%), Potassium: 1032.59mg (29.5%), Vitamin B2: 0.5mg (29.18%), Vitamin B6: 0.46mg (23.19%), Vitamin B1: 0.32mg (21.51%), Vitamin B5: 1.9mg (18.99%), Zinc: 2.81mg (18.72%), Vitamin A: 838.71IU (16.77%), Folate: 53.29µg (13.32%), Vitamin E: 1.78mg (11.88%), Iron: 2.11mg (11.73%), Copper: 0.22mg (10.95%), Fiber: 2.15g (8.58%), Vitamin K: 6.98µg (6.65%)