



Kelly's Pan Fried Tilapia

 Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups italian-seasoned bread crumbs
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup salsa hot
- ☐ 5 fillet tilapia

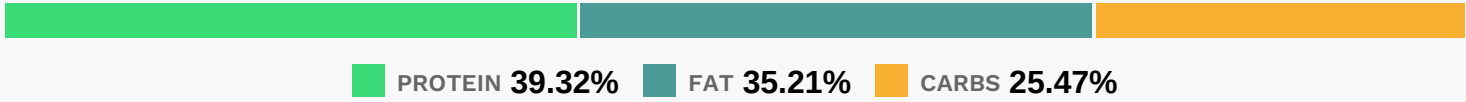
Equipment

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Put bread crumbs into a shallow dish.
- ☐ Gently press tilapia fillets into bread crumbs to coat. Gently toss between your hands so any bread crumbs that haven't stuck can fall away.
- ☐ Place the breaded tilapia onto a plate while breading the rest; do not stack.
- ☐ Heat olive oil in a skillet over medium-high heat.
- ☐ Cook tilapia in hot oil until golden brown, about 4 minutes per side.
- ☐ Transfer cooked fillets to a plate.
- ☐ Top each fillet with salsa; cook in microwave to get the salsa hot, about 15 seconds.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:22.083043544189%

Flavonoids

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

Nutrients (% of daily need)

Calories: 400.32kcal (20.02%), Fat: 15.69g (24.13%), Saturated Fat: 2.99g (18.68%), Carbohydrates: 25.53g (8.51%), Net Carbohydrates: 23.53g (8.56%), Sugar: 2.56g (2.85%), Cholesterol: 85.36mg (28.45%), Sodium: 654.86mg (28.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.41g (78.82%), Selenium: 80.07µg (114.38%), Vitamin B12: 2.81µg (46.87%), Vitamin B3: 9mg (44.99%), Phosphorus: 356.88mg (35.69%), Vitamin D: 5.27µg (35.13%), Vitamin B1: 0.42mg (28.01%), Vitamin K: 25.99µg (24.75%), Manganese: 0.43mg (21.59%), Folate: 84.16µg (21.04%), Potassium: 630.21mg (18.01%), Vitamin B6: 0.36mg (17.99%), Vitamin E: 2.49mg (16.58%), Magnesium: 64.41mg (16.1%), Iron: 2.84mg (15.77%), Vitamin B2: 0.26mg (15.33%), Copper: 0.22mg (11.19%), Vitamin B5: 1.08mg (10.78%), Calcium: 86.27mg (8.63%), Fiber: 2g (7.99%), Zinc: 1.1mg (7.35%), Vitamin A: 131.88IU (2.64%), Vitamin C: 1.22mg (1.48%)