



Lemon-Chili Tilapia

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb textured vegetable protein (such as tilapia, cod or haddock)
- ☐ 1 cup all-bran cereal
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 teaspoon chili powder
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 cup milk
- ☐ 2 tablespoons vegetable oil

- ☐ 0.3 cup mayonnaise fat-free reduced-fat
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 teaspoon chili powder
- ☐ 1 Dash ground pepper red (cayenne)
- ☐ 1 Dash salt
- ☐ 0.3 cup cilantro leaves fresh chopped

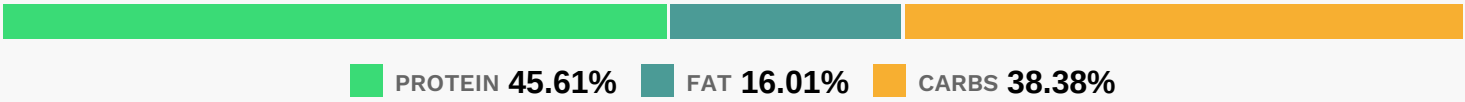
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Heat oven to 450°F. Spray bottom of 13x9-inch pan with cooking spray.
- ☐ Cut fish crosswise into 2-inch-wide pieces; set aside.
- ☐ Place cereal in resealable food-storage plastic bag; seal bag and finely crush with rolling pin or meat mallet (or finely crush cereal in food processor).
- ☐ In shallow bowl, mix cereal, lemon peel, 1 teaspoon chili powder, 1/4 teaspoon salt and the pepper. In another shallow bowl, place milk. Dip fish pieces into milk, then coat with cereal mixture; place in pan.
- ☐ Drizzle oil evenly over fish.
- ☐ Bake uncovered 10 to 15 minutes or until fish flakes easily with fork.
- ☐ Meanwhile, in small bowl, mix all sauce ingredients except cilantro until blended. Stir in cilantro.
- ☐ Serve sauce with fish.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:3.39, Inflammation Score:-8, Nutrition Score:28.427391363227%

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 Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 481.53kcal (24.08%), Fat: 8.68g (13.35%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 46.83g (15.61%), Net Carbohydrates: 23.94g (8.71%), Sugar: 18.56g (20.62%), Cholesterol: 3.56mg (1.19%), Sodium: 372.38mg (16.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.65g (111.3%), Vitamin B6: 1.89mg (94.36%), Fiber: 22.88g (91.54%), Iron: 14.73mg (81.85%), Manganese: 1.18mg (58.88%), Folate: 204.7µg (51.17%), Vitamin B12: 3µg (49.94%), Calcium: 435.78mg (43.58%), Vitamin B2: 0.45mg (26.62%), Vitamin B1: 0.36mg (24.26%), Vitamin K: 21.99µg (20.95%), Phosphorus: 197.5mg (19.75%), Magnesium: 59.97mg (14.99%), Zinc: 2.03mg (13.54%), Vitamin B3: 2.4mg (12.01%), Vitamin A: 559.5IU (11.19%), Copper: 0.18mg (8.79%), Vitamin E: 1.03mg (6.9%), Vitamin C: 5.49mg (6.65%), Potassium: 213.83mg (6.11%), Vitamin D: 0.83µg (5.56%), Selenium: 1.95µg (2.79%), Vitamin B5: 0.24mg (2.4%)