

## Lemon-Chili Tilapia

READY IN



30 min.

SERVINGS



4

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup all-bran cereal
- ☐ 0.3 teaspoon chili powder
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- ☐ 0.3 cup mayonnaise fat-free reduced-fat
- ☐ 1 lb fish fillet (such as tilapia, cod or haddock)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 Dash ground pepper red (cayenne)
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon zest grated

- ☐ 0.3 cup milk
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt
- ☐ 2 tablespoons vegetable oil

## Equipment

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

## Directions

- ☐ Heat oven to 450F. 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



 PROTEIN **39.03%**  FAT **36.56%**  CARBS **24.41%**

Properties

Glycemic Index:44.67, Glycemic Load:3.39, Inflammation Score:-8, Nutrition Score:30.674347939699%

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: 237.73kcal (11.89%), Fat: 10.61g (16.32%), Saturated Fat: 2.29g (14.31%), Carbohydrates: 15.94g (5.31%), Net Carbohydrates: 10.7g (3.89%), Sugar: 5.32g (5.91%), Cholesterol: 60.26mg (20.09%), Sodium: 422.27mg (18.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.95%), Vitamin B6: 2.07mg (103.55%), Vitamin B12: 4.79µg (79.8%), Selenium: 49.35µg (70.51%), Manganese: 1.22mg (60.98%), Folate: 231.91µg (57.98%), Phosphorus: 390.28mg (39.03%), Vitamin B3: 6.83mg (34.14%), Vitamin B2: 0.52mg (30.83%), Vitamin D: 4.35µg (29%), Vitamin B1: 0.41mg (27.36%), Magnesium: 90.58mg (22.65%), Vitamin K: 23.58µg (22.46%), Fiber: 5.24g (20.96%), Iron: 3.53mg (19.61%), Zinc: 2.41mg (16.03%), Potassium: 556.3mg (15.89%), Copper: 0.26mg (13.04%), Vitamin A: 559.5IU (11.19%), Vitamin E: 1.49mg (9.92%), Calcium: 95.58mg (9.56%), Vitamin B5: 0.79mg (7.92%), Vitamin C: 5.49mg (6.65%)