



Lemon, Garlic & Herb Tilapia

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



60 min.

SERVINGS



8

CALORIES



153 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 oz a.1. savory garlic & herb marinade mix
- 0.3 cup juice of lemon
- 2 Tbsp olive oil
- 2 lb tilapia fillets
- 2 Tbsp water

Equipment

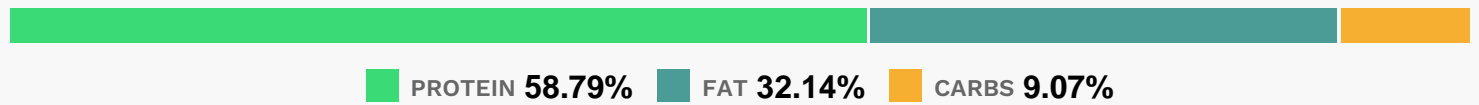
- oven
- whisk

baking pan

Directions

- Place fish in 13x9-inch baking dish sprayed with cooking spray.
- Whisk remaining ingredients until blended; pour over fish.
- Refrigerate 30 min.
- Heat oven to 350F.
- Bake fish 15 to 20 min. or until it flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:13.976956751036%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 153.22kcal (7.66%), Fat: 5.64g (8.67%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 1.67g (0.61%), Sugar: 0.37g (0.41%), Cholesterol: 56.7mg (18.9%), Sodium: 60.41mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.2g (46.39%), Selenium: 47.61µg (68.01%), Vitamin B12: 1.79µg (29.86%), Vitamin K: 31.23µg (29.75%), Vitamin D: 3.52µg (23.44%), Vitamin B3: 4.64mg (23.19%), Phosphorus: 199.94mg (19.99%), Manganese: 0.26mg (13.2%), Iron: 2.29mg (12.73%), Vitamin E: 1.78mg (11.85%), Vitamin B6: 0.23mg (11.67%), Potassium: 406.16mg (11.6%), Magnesium: 43.07mg (10.77%), Folate: 39.24µg (9.81%), Calcium: 82.69mg (8.27%), Fiber: 1.91g (7.62%), Vitamin B5: 0.6mg (6.03%), Copper: 0.11mg (5.75%), Vitamin B2: 0.1mg (5.65%), Vitamin B1: 0.06mg (3.74%), Vitamin C: 3.05mg (3.7%), Zinc: 0.5mg (3.32%), Vitamin A: 75.81IU (1.52%)