



Lemon-Garlic Whitefish



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



110 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon garlic powder
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound whitefish such as tilapia

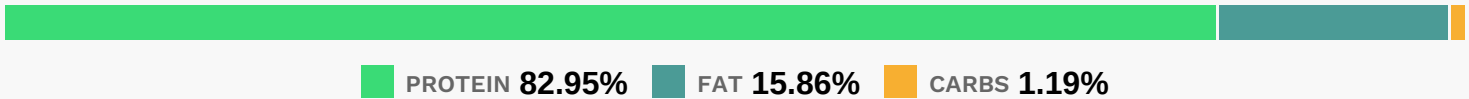
Equipment

- ☐ frying pan

Directions

- ☐ Place a large nonstick skillet over medium-high heat; mist with cooking spray.
- ☐ Sprinkle whitefish with garlic powder; season with salt and pepper.
- ☐ Place fish in hot skillet, working in batches if necessary, and cook until fish is opaque, about 3 1/2 minutes per side.
- ☐ Drizzle with fresh lemon juice just before serving.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:9.9904348416173%

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: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 110kcal (5.5%), Fat: 1.94g (2.98%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 0.33g (0.11%), Net Carbohydrates: 0.31g (0.11%), Sugar: 0.1g (0.11%), Cholesterol: 56.7mg (18.9%), Sodium: 252.85mg (10.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.8g (45.6%), Selenium: 47.43µg (67.75%), Vitamin B12: 1.79µg (29.86%), Vitamin D: 3.52µg (23.44%), Vitamin B3: 4.43mg (22.15%), Phosphorus: 193.46mg (19.35%), Potassium: 347.48mg (9.93%), Vitamin B6: 0.19mg (9.35%), Magnesium: 30.92mg (7.73%), Folate: 28.01µg (7%), Vitamin B5: 0.56mg (5.58%), Copper: 0.09mg (4.31%), Vitamin B2: 0.07mg (4.24%), Iron: 0.64mg (3.58%), Vitamin B1: 0.05mg (3.19%), Vitamin E: 0.46mg (3.07%), Zinc: 0.38mg (2.53%), Manganese: 0.04mg (2.19%), Vitamin C: 1.45mg (1.76%), Vitamin K: 1.59µg (1.51%), Calcium: 11.76mg (1.18%)