



Lemon-Herb Panko Tilapia

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

READY IN



30 min.

SERVINGS



4

CALORIES



114 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp grey poupon dijon mustard
- 1 Tbsp parsley fresh finely chopped
- 1 tsp lemon zest
- 1 pkt. shake & bake seasoned panko seasoned coating mix
- 1 lb tilapia fillets

Equipment

- baking sheet
- oven

aluminum foil

Directions

Heat oven to 400F.

Spray foil-covered baking sheet with cooking spray.

Mix coating mix, parsley and zest in shaker bag.

Brush mustard onto both sides of fish fillets, then coat with coating mix as directed on package.

Place on prepared baking sheet.

Bake 20 min. or until fish flakes easily with fork.

Nutrition Facts

 **PROTEIN 80.88%** **FAT 17.24%** **CARBS 1.88%**

Properties

Glycemic Index:16, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:11.327826069749%

Flavonoids

Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg

Nutrients (% of daily need)

Calories: 114.01kcal (5.7%), Fat: 2.19g (3.37%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 0.54g (0.18%), Net Carbohydrates: 0.13g (0.05%), Sugar: 0.14g (0.15%), Cholesterol: 56.7mg (18.9%), Sodium: 238.92mg (10.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.12g (46.25%), Selenium: 49.96µg (71.36%), Vitamin B12: 1.79µg (29.86%), Vitamin D: 3.52µg (23.44%), Vitamin B3: 4.48mg (22.41%), Phosphorus: 201.49mg (20.15%), Vitamin K: 17.28µg (16.46%), Potassium: 359.8mg (10.28%), Vitamin B6: 0.19mg (9.53%), Magnesium: 34.77mg (8.69%), Folate: 29.25µg (7.31%), Vitamin B5: 0.58mg (5.8%), Copper: 0.09mg (4.63%), Vitamin B2: 0.08mg (4.57%), Iron: 0.82mg (4.54%), Vitamin B1: 0.06mg (4.12%), Manganese: 0.08mg (3.75%), Vitamin E: 0.49mg (3.25%), Zinc: 0.43mg (2.89%), Vitamin C: 1.94mg (2.35%), Calcium: 18.11mg (1.81%), Vitamin A: 85.6IU (1.71%), Fiber: 0.41g (1.63%)