



Lemon Tilapia Florentine

READY IN



25 min.

SERVINGS



25

CALORIES



30 kcal

Ingredients

- 6 oz baby spinach leaves
- 10 oz philadelphia savory lemon & herb cooking creme divided
- 2 Tbsp milk
- 0.5 cup ritz reduced fat crackers crushed
- 1 lb tilapia fillets

Equipment

- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Place fish in shallow foil-lined pan; top with 1/2 cup cooking creme and crumbs.
- Bake 12 to 15 min. or until fish flakes easily with fork. Meanwhile, cook and stir remaining cooking creme and milk in large skillet on medium heat 2 min. Stir in spinach; cook 2 min. or just until wilted, stirring frequently.
- Serve fish over spinach.

Nutrition Facts



Properties

Glycemic Index:3.82, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:4.8234782996385%

Flavonoids

Eriodictyol: 2.42mg, Eriodictyol: 2.42mg, Eriodictyol: 2.42mg, Eriodictyol: 2.42mg Hesperetin: 3.16mg, Hesperetin: 3.16mg, Hesperetin: 3.16mg, Hesperetin: 3.16mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 29.96kcal (1.5%), Fat: 0.49g (0.76%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.83g (0.93%), Cholesterol: 9.22mg (3.07%), Sodium: 26.53mg (1.15%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.12g (8.24%), Vitamin K: 33.12µg (31.54%), Vitamin A: 642.44IU (12.85%), Selenium: 7.72µg (11.03%), Vitamin C: 7.92mg (9.6%), Vitamin B12: 0.29µg (4.89%), Folate: 18.8µg (4.7%), Vitamin B3: 0.77mg (3.85%), Vitamin D: 0.58µg (3.84%), Phosphorus: 37.2mg (3.72%), Manganese: 0.07mg (3.56%), Potassium: 110.21mg (3.15%), Magnesium: 11.33mg (2.83%), Vitamin B6: 0.05mg (2.62%), Iron: 0.35mg (1.97%), Fiber: 0.47g (1.87%), Vitamin B2: 0.03mg (1.66%), Vitamin E: 0.23mg (1.52%), Copper: 0.03mg (1.33%), Calcium: 12.97mg (1.3%), Vitamin B1: 0.02mg (1.2%), Vitamin B5: 0.12mg (1.19%)