




Mustard-Apricot Glazed Tilapia


 Very Healthy

READY IN




35 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp apricot preserves
- 1.5 cups broccoli florets
- 1 Tbsp grey poupon dijon mustard
- 2 Tbsp cilantro leaves fresh chopped
- 2 cups mushrooms fresh sliced
- 1 cup israeli couscous uncooked
- 1.3 cups 5%-less-sodium chicken broth
- 2 tsp olive oil

- 1 small onion chopped
- 3 Tbsp parmesan cheese grated kraft
- 1 lb tilapia fillets

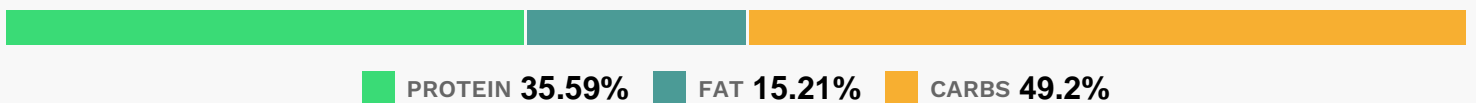
Equipment

- frying pan
- oven

Directions

- Heat oven to 425F.
- Heat oil in large skillet on medium heat.
- Add mushrooms and onions; cook and stir 5 min.
- Add couscous; cook and stir 1 min. Stir in broccoli and broth. Bring to boil; cover. Simmer 8 min. or until liquid is absorbed.
- Meanwhile, place fish in shallow pan sprayed with cooking spray.
- Mix preserves and mustard; spread over fish.
- Bake 10 min. or until fish flakes easily with fork.
- Stir Parmesan into couscous mixture.
- Serve topped with fish and cilantro.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:21.29, Inflammation Score:-6, Nutrition Score:23.134782666745%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg Myricetin: 0.03mg, Myricetin: 0.03mg,

Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 372.78kcal (18.64%), Fat: 6.4g (9.84%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 46.56g (15.52%), Net Carbohydrates: 42.56g (15.48%), Sugar: 6.77g (7.52%), Cholesterol: 59.96mg (19.99%), Sodium: 210.74mg (9.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.68g (67.36%), Selenium: 55.59µg (79.42%), Vitamin B3: 8.93mg (44.65%), Vitamin C: 33.69mg (40.84%), Phosphorus: 384.68mg (38.47%), Vitamin K: 38.56µg (36.72%), Vitamin B12: 1.94µg (32.25%), Manganese: 0.52mg (25.79%), Vitamin D: 3.63µg (24.2%), Vitamin B2: 0.38mg (22.5%), Potassium: 784.17mg (22.4%), Copper: 0.42mg (20.96%), Vitamin B5: 2.05mg (20.46%), Vitamin B6: 0.38mg (18.83%), Folate: 69.46µg (17.37%), Magnesium: 66.97mg (16.74%), Fiber: 4g (16%), Vitamin B1: 0.2mg (13.04%), Iron: 1.92mg (10.66%), Zinc: 1.42mg (9.44%), Calcium: 83.72mg (8.37%), Vitamin E: 1.1mg (7.35%), Vitamin A: 282.04IU (5.64%)