



Oven-Fried Tilapia with Cheesy Polenta

READY IN



45 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon celery seeds
- ☐ 2.7 cups chicken stock see unsalted (such as Swanson)
- ☐ 0.5 teaspoon rubbed sage dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 4 lemon wedges

- ☐ 2 tablespoons oregano fresh chopped
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 cup parmesan cheese fresh grated
- ☐ 0.7 cup polenta dry
- ☐ 0.5 teaspoon salt divided
- ☐ 24 ounce tilapia fillets
- ☐ 2 tablespoons water

Equipment

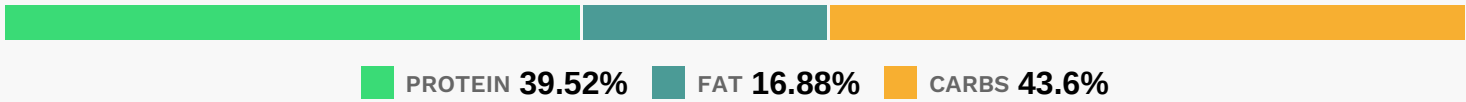
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400
- ☐ Combine stock and mustard in a medium saucepan; bring to a boil. Gradually add polenta, stirring constantly with a whisk. Reduce heat to low, and cook 20 minutes, stirring frequently. Stir in Parmesan cheese, oregano, and 1/4 teaspoon salt.
- ☐ Place panko and next 4 ingredients (through pepper) in a large skillet; cook over medium heat 3 minutes or until toasted, stirring frequently.
- ☐ Place panko mixture in a shallow dish.
- ☐ Combine 2 tablespoons water and egg in a shallow dish.
- ☐ Place flour in a shallow dish.
- ☐ Sprinkle fish with remaining 1/4 teaspoon salt. Dredge fish in flour; dip in egg mixture.
- ☐ Place fish in panko mixture, turning to coat.
- ☐ Arrange fish on a baking sheet coated with cooking spray.
- ☐ Bake at 400 for 15 minutes or until done.

Serve with lemon wedges and polenta.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:9.02, Inflammation Score:-10, Nutrition Score:27.137391152589%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 492.44kcal (24.62%), Fat: 9.21g (14.16%), Saturated Fat: 3.24g (20.23%), Carbohydrates: 53.51g (17.84%), Net Carbohydrates: 50.25g (18.27%), Sugar: 4.35g (4.84%), Cholesterol: 140.6mg (46.87%), Sodium: 837.96mg (36.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.5g (96.99%), Selenium: 94.19µg (134.56%), Vitamin B3: 11.6mg (58.01%), Vitamin B12: 2.93µg (48.77%), Phosphorus: 471.67mg (47.17%), Vitamin D: 5.55µg (37.03%), Vitamin B1: 0.45mg (30.08%), Vitamin B2: 0.49mg (28.78%), Folate: 110.28µg (27.57%), Iron: 4.7mg (26.14%), Vitamin B6: 0.51mg (25.57%), Manganese: 0.51mg (25.46%), Potassium: 851.8mg (24.34%), Vitamin K: 24.12µg (22.97%), Magnesium: 84.16mg (21.04%), Calcium: 186.13mg (18.61%), Copper: 0.34mg (16.78%), Vitamin B5: 1.39mg (13.87%), Fiber: 3.26g (13.06%), Vitamin C: 10.18mg (12.34%), Zinc: 1.68mg (11.18%), Vitamin E: 1.45mg (9.66%), Vitamin A: 286.7IU (5.73%)