



Pan-Fried Fish with Creamy Lemon Sauce for Two

READY IN



20 min.

SERVINGS



20

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup chicken broth fat-free reduced-sodium
- 1 Tbsp flour
- 1 Tbsp parsley fresh chopped
- 1 Tbsp juice of lemon
- 2 Tbsp lite house dressing italian kraft
- 1 oz philadelphia neufchatel cheese cubed
- 0.5 lb tilapia fillets

Equipment

- frying pan
- whisk

Directions

- Coat fish with flour.
- Heat dressing in medium skillet on medium heat.
- Add fish; cook 4 to 5 min. on each side or until fish flakes easily with fork.
- Remove from skillet; cover to keep warm.
- Add broth and lemon juice to skillet; cook 3 min. or until reduced by half, stirring frequently with whisk.
- Add Neufchatel; cook and stir 1 min. or until melted.
- Pour over fish; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:1.3669565245509%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 19.71kcal (0.99%), Fat: 0.84g (1.29%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.56g (0.21%), Sugar: 0.23g (0.26%), Cholesterol: 6.72mg (2.24%), Sodium: 36.95mg (1.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.95%), Selenium: 5µg (7.15%), Vitamin K: 4.12µg (3.93%), Vitamin B12: 0.19µg (3.15%), Vitamin B3: 0.49mg (2.44%), Vitamin D: 0.35µg (2.34%), Phosphorus: 22.34mg (2.23%), Potassium: 40.71mg (1.16%), Vitamin B6: 0.02mg (1.05%), Folate: 4.07µg (1.02%)