



Pan-Fried Tilapia with Maque Choux

 Gluten Free

READY IN



29 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 1 tablespoon butter
- ☐ 0.5 cup celery chopped
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 3 ears shucked corn
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 garlic clove minced
- ☐ 0.5 cup grape tomatoes quartered

- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped ()
- ☐ 0.5 cup poblano chile chopped
- ☐ 0.5 teaspoon salt divided
- ☐ 24 ounce tilapia fillets

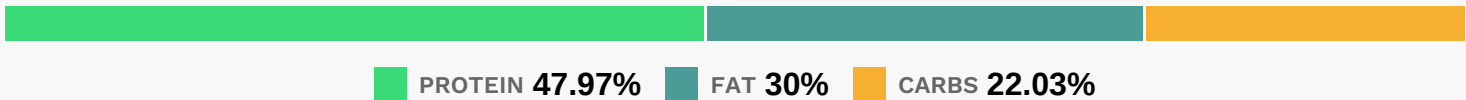
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cut kernels from ears of corn in a medium bowl to catch juices.
- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add corn, onion, and next 4 ingredients; cook 4 minutes, stirring occasionally. Stir in red pepper, thyme, 1/4 teaspoon salt, 1/4 teaspoon black pepper, and chicken broth. Bring to a simmer, and cook 3 minutes.
- ☐ Remove corn mixture from pan; set aside, and keep warm.
- ☐ Wipe pan clean with a paper towel.
- ☐ Sprinkle fish with remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Heat oil in pan over medium-high heat.
- ☐ Add fish; cook 3 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Spoon maque choux onto plates; top with fish.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:0.84, Inflammation Score:-8, Nutrition Score:22.170869505924%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 298.24kcal (14.91%), Fat: 10.36g (15.95%), Saturated Fat: 3.54g (22.14%), Carbohydrates: 17.13g (5.71%), Net Carbohydrates: 14.5g (5.27%), Sugar: 6.26g (6.96%), Cholesterol: 92.57mg (30.86%), Sodium: 540.6mg (23.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.29g (74.58%), Selenium: 72.46µg (103.52%), Vitamin B12: 2.75µg (45.84%), Vitamin B3: 8.29mg (41.47%), Phosphorus: 372.75mg (37.28%), Vitamin D: 5.27µg (35.15%), Vitamin C: 24.48mg (29.67%), Potassium: 856.53mg (24.47%), Vitamin B6: 0.45mg (22.46%), Folate: 83.24µg (20.81%), Magnesium: 79.83mg (19.96%), Manganese: 0.32mg (15.94%), Vitamin B5: 1.45mg (14.49%), Vitamin B1: 0.21mg (13.94%), Vitamin K: 14.33µg (13.65%), Vitamin A: 605.04IU (12.1%), Vitamin E: 1.61mg (10.72%), Copper: 0.21mg (10.64%), Fiber: 2.63g (10.5%), Vitamin B2: 0.18mg (10.4%), Iron: 1.76mg (9.77%), Zinc: 1.01mg (6.76%), Calcium: 39.12mg (3.91%)