



Pan-Fried Tilapia with Tangy Tartar Sauce

READY IN



29 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 1 tablespoon capers coarsely chopped
- ☐ 2 tablespoons cornichons chopped (4 pickles)
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon chives fresh thinly sliced
- ☐ 1 tablespoon parsley fresh chopped

- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 0.3 cup mayonnaise reduced-fat (such as Hellmann's)
- ☐ 1 tablespoon olive oil divided
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon sugar
- ☐ 24 ounce tilapia fillets

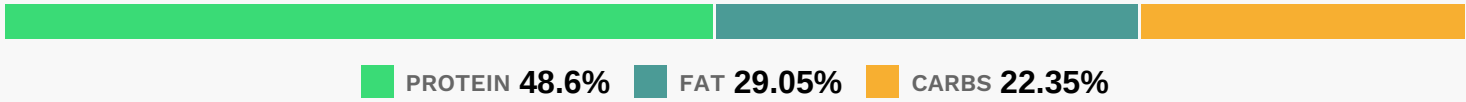
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 11 ingredients in a small bowl; cover and chill until ready to serve.
- ☐ Combine flour and next 3 ingredients in a shallow dish. Dredge fillets in flour mixture.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add 2 fillets; cook 4 minutes on each side or until fish flakes easily when tested with a fork. Repeat procedure with remaining oil and fillets.
- ☐ Serve fish with tartar sauce.
- ☐ Garnish with fresh chives and lemon slices, if desired.
- ☐ Note: Substitute baby dill pickles for the cornichons, if desired.

Nutrition Facts



Properties

Glycemic Index:80.77, Glycemic Load:8.94, Inflammation Score:-6, Nutrition Score:21.009565197903%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 303.86kcal (15.19%), Fat: 9.87g (15.18%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 15.6g (5.67%), Sugar: 2.25g (2.5%), Cholesterol: 87.59mg (29.2%), Sodium: 666.73mg (28.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.14g (74.28%), Selenium: 77.89µg (111.27%), Vitamin B12: 2.78µg (46.35%), Vitamin B3: 7.67mg (38.37%), Vitamin K: 39.84µg (37.94%), Vitamin D: 5.27µg (35.15%), Phosphorus: 339.87mg (33.99%), Manganese: 0.42mg (20.85%), Folate: 77.9µg (19.47%), Potassium: 624.05mg (17.83%), Vitamin B6: 0.31mg (15.54%), Magnesium: 59.74mg (14.93%), Vitamin B1: 0.21mg (14.02%), Vitamin B2: 0.23mg (13.78%), Iron: 2.25mg (12.5%), Vitamin E: 1.66mg (11.08%), Vitamin B5: 1.06mg (10.59%), Copper: 0.2mg (10%), Vitamin C: 6.92mg (8.38%), Calcium: 72.18mg (7.22%), Zinc: 0.9mg (6.01%), Fiber: 1.49g (5.94%), Vitamin A: 164.12IU (3.28%)