



Pan-Fried Tilapia with White Wine and Capers

READY IN



16 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons capers drained
- ☐ 0.5 teaspoon basil dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons butter light

- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce tilapia fillets
- ☐ 0.3 cup tomatoes seeded chopped

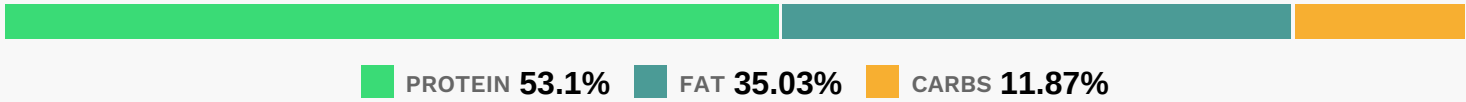
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients, stirring well with a whisk; set aside.
- ☐ Sprinkle fillets with salt and pepper. Dredge fillets lightly in flour, and coat both sides of fillets with cooking spray.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add fillets; cook 3 minutes. Reduce heat to medium; turn fillets, and cook 3 minutes or until fish flakes easily when tested with a fork.
- ☐ Remove from pan.
- ☐ Add wine mixture to pan; cook 30 seconds, stirring constantly.
- ☐ Remove from heat; stir in butter until melted. Spoon wine mixture over fillets; sprinkle with parsley.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:4.57, Inflammation Score:-6, Nutrition Score:19.22521717652%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin:

0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

Nutrients (% of daily need)

Calories: 276.59kcal (13.83%), Fat: 10.43g (16.04%), Saturated Fat: 3.92g (24.47%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 7.31g (2.66%), Sugar: 0.64g (0.71%), Cholesterol: 92.47mg (30.82%), Sodium: 495.3mg (21.53%), Alcohol: 1.54g (100%), Alcohol %: 0.86% (100%), Protein: 35.56g (71.11%), Selenium: 74.01µg (105.73%), Vitamin B12: 2.7µg (44.94%), Vitamin K: 41.79µg (39.8%), Vitamin B3: 7.24mg (36.22%), Vitamin D: 5.34µg (35.62%), Phosphorus: 308.77mg (30.88%), Potassium: 588.2mg (16.81%), Folate: 62.63µg (15.66%), Vitamin B6: 0.31mg (15.61%), Magnesium: 54.59mg (13.65%), Iron: 1.81mg (10.07%), Vitamin B2: 0.17mg (9.76%), Manganese: 0.19mg (9.65%), Vitamin E: 1.43mg (9.51%), Vitamin B1: 0.14mg (9.46%), Vitamin B5: 0.9mg (9.04%), Vitamin C: 7.25mg (8.78%), Copper: 0.17mg (8.54%), Vitamin A: 372.56IU (7.45%), Zinc: 0.73mg (4.84%), Calcium: 33.56mg (3.36%), Fiber: 0.63g (2.53%)