



Pan Sautéed Tilapia with Lemon and Jalapeno



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings canola oil
- ☐ 6 slice optional: lemon very thin
- ☐ 1 pinch salt
- ☐ 2 fillet tilapia
- ☐ 2 tablespoon butter unsalted

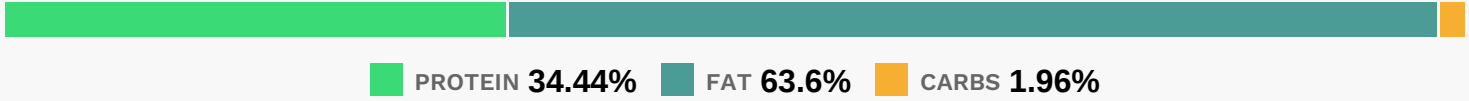
Equipment

- ☐ frying pan

Directions

- ☐ Add the sparest amount of oil to the pan, really just enough to slick the bottom.
- ☐ Put the peppers into a relatively hot pan. Start with the cut side down. This way as they cook they will flatten a bit. So when you turn them over more of the pepper’s surface will come in contact with the pan.
- ☐ Get them good and brown on both sides, but do not cook them too long. You want a little crispness left in them so you don’t dissipate all their fiery goodness.
- ☐ Remove them to a plate, but keep them handy.
- ☐ Salt both sides of the fillets and dust them with a small amount of Wondra. Melt one or two tablespoons of butter in the same pan. When the butter gets foamy, but not yet brown, add the fish to the pan. Cook for 1 ½ minutes. Flip the fillets. Return the jalapenos to the pan.
- ☐ Add the lemon slices and cook another 1 to 2 minutes. You can deglaze the pan with a little white wine after you have removed everything for a quick optional sauce.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:17.40434783438%

Flavonoids

Eriodictyol: 4.49mg, Eriodictyol: 4.49mg, Eriodictyol: 4.49mg, Eriodictyol: 4.49mg Hesperetin: 5.86mg, Hesperetin: 5.86mg, Hesperetin: 5.86mg, Hesperetin: 5.86mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 393.43kcal (19.67%), Fat: 28.31g (43.55%), Saturated Fat: 9.22g (57.65%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.53g (0.59%), Cholesterol: 115.1mg (38.37%), Sodium: 109.74mg (4.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.49g (68.97%), Selenium: 71.28µg (101.83%), Vitamin B12: 2.71µg (45.16%), Vitamin D: 5.48µg (36.53%), Vitamin B3: 6.66mg (33.31%), Phosphorus: 295.72mg (29.57%), Vitamin E: 3.49mg (23.24%), Potassium: 545.74mg (15.59%), Vitamin B6: 0.29mg (14.63%), Vitamin C: 11.13mg

(13.49%), Vitamin K: 13.34µg (12.71%), Magnesium: 47.86mg (11.97%), Folate: 43.53µg (10.88%), Vitamin B5: 0.88mg (8.83%), Vitamin A: 354.48IU (7.09%), Copper: 0.14mg (6.88%), Vitamin B2: 0.12mg (6.83%), Iron: 1.08mg (6.01%), Vitamin B1: 0.08mg (5.25%), Zinc: 0.59mg (3.91%), Manganese: 0.07mg (3.49%), Calcium: 25.83mg (2.58%), Fiber: 0.59g (2.35%)