



Pan-Seared Tilapia with Chile Lime Butter

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 oz 24 farm-raised oysters on the half-shell skinless with skin
- 2 teaspoons juice of lime fresh
- 1 teaspoon lime zest fresh finely grated
- 0.5 teaspoon salt
- 1 teaspoon serrano chiles fresh red minced (preferably)
- 1 tablespoon shallots finely chopped
- 0.3 cup butter unsalted softened
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- knife
- spatula

Directions

- Stir together butter, shallot, zest, lime juice, chile, and salt in a bowl.
- If using striped bass, score skin in 3 or 4 places with a thin sharp knife to prevent fish from curling (do not cut through flesh). Pat fish dry and sprinkle with salt.
- Heat 1 tablespoon oil in a 12-inch nonstick skillet over moderately high heat until just smoking, then sauté 3 pieces of fish, turning over once with a spatula, until golden and just cooked through, 4 to 5 minutes, and transfer to a plate. Sauté remaining fish in remaining tablespoon oil in same manner.
- Serve each piece of fish with a dollop of chile lime butter.
- Chile lime butter can be made 1 day ahead and chilled, covered. Bring to room temperature before using.

Nutrition Facts

 **PROTEIN 31.66%**  **FAT 67.64%**  **CARBS 0.7%**

Properties

Glycemic Index:10.33, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:9.8726086966369%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 278.39kcal (13.92%), Fat: 20.63g (31.74%), Saturated Fat: 7.41g (46.3%), Carbohydrates: 0.48g (0.16%), Net Carbohydrates: 0.4g (0.15%), Sugar: 0.18g (0.2%), Cholesterol: 98.3mg (32.77%), Sodium: 334.02mg (14.52%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.73g (43.45%), Vitamin B12: 4.1µg (68.31%), Phosphorus: 292.86mg (29.29%), Selenium: 11.74µg (16.78%), Vitamin B3: 3mg (15%), Potassium: 439.26mg (12.55%), Vitamin E: 1.75mg (11.64%), Vitamin K: 12.04µg (11.47%), Vitamin B6: 0.23mg (11.34%), Vitamin B5: 0.97mg (9.68%), Vitamin B2: 0.12mg (7.16%), Magnesium: 27.7mg (6.93%), Vitamin A: 241.97IU (4.84%), Zinc: 0.7mg (4.66%), Folate: 15.3µg (3.82%), Vitamin D: 0.43µg (2.84%), Copper: 0.05mg (2.48%), Vitamin B1: 0.03mg (2.03%), Iron: 0.36mg (1.98%), Calcium: 14.73mg (1.47%), Manganese: 0.03mg (1.4%), Vitamin C: 0.88mg (1.07%)