



Pan-Seared Tilapia with Mojo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons flour all-purpose
- 4 garlic cloves thinly sliced
- 1.5 teaspoons ground cumin divided
- 0.3 teaspoon ground pepper red
- 4 slices lime
- 3 tablespoons juice of lime fresh
- 1 tablespoon olive oil divided
- 0.8 teaspoon salt divided

- 24 ounce tilapia fillets white
- 0.3 cup water

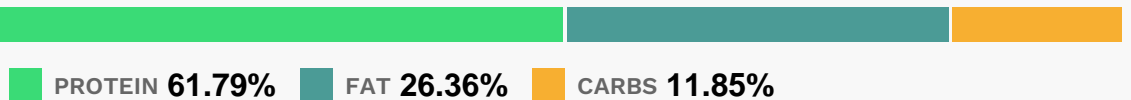
Equipment

- frying pan
- sauce pan
- oven

Directions

- Preheat oven to 40
- Heat 2 teaspoons oil in a small saucepan over medium-high heat.
- Add garlic; saute 2 minutes. Stir in water, lime juice, 1/2 teaspoon cumin, and 1/4 teaspoon salt; simmer 1 minute.
- Remove from heat; set aside.
- Combine 1 teaspoon cumin, 1/2 teaspoon salt, flour, and red pepper in a shallow dish. Lightly coat fillets with cooking spray; dredge in flour mixture.
- Heat 1 teaspoon oil in a large ovenproof skillet coated with cooking spray over medium-high heat.
- Add fillets; cook 2 minutes on each side or until lightly browned.
- Remove from heat. Spoon lime mixture evenly over fillets; transfer skillet to oven and bake 5 minutes or until fish flakes easily when tested with a fork.
- Serve with lime slices.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:3.43, Inflammation Score:-4, Nutrition Score:16.822608657505%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 225.5kcal (11.28%), Fat: 6.66g (10.25%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 6.34g (2.31%), Sugar: 0.28g (0.31%), Cholesterol: 85.05mg (28.35%), Sodium: 527.45mg (22.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.13g (70.26%), Selenium: 73.5µg (105%), Vitamin B12: 2.69µg (44.79%), Vitamin B3: 7.06mg (35.28%), Vitamin D: 5.27µg (35.15%), Phosphorus: 305.69mg (30.57%), Vitamin B6: 0.33mg (16.31%), Potassium: 561.98mg (16.06%), Folate: 52.62µg (13.15%), Magnesium: 51.97mg (12.99%), Iron: 1.81mg (10.06%), Manganese: 0.18mg (9.11%), Vitamin B5: 0.89mg (8.87%), Vitamin B1: 0.13mg (8.54%), Vitamin E: 1.28mg (8.53%), Vitamin B2: 0.14mg (8.46%), Copper: 0.16mg (7.9%), Vitamin C: 4.76mg (5.76%), Zinc: 0.69mg (4.58%), Vitamin K: 4.77µg (4.54%), Calcium: 33.1mg (3.31%), Fiber: 0.4g (1.6%), Vitamin A: 67.93IU (1.36%)