



Parmesan Crusted Pesto Tilapia Bruschetta

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



287 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

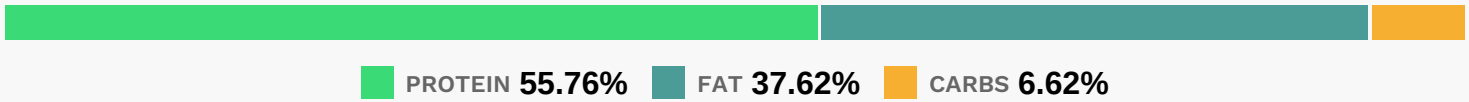
- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.3 cup basil pesto
- ☐ 0.5 cup parmigiano-reggiano grated (parmesan)
- ☐ 4 servings salt and pepper to taste
- ☐ 24 ounce tilapia fillets
- ☐ 2 cups tomatoes diced

Equipment

Directions

- ☐ Season the fillets with salt and pepper, sprinkle on the parmesan and broil until the parmesan is golden brown and the fish is no longer translucent, about 10–12 minutes.Meanwhile, toss the tomato in the balsamic vinegar, salt and pepper and let sit while the fish cooks.
- ☐ Serve the fish topped with pesto and diced tomatoes.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:0.98, Inflammation Score:-7, Nutrition Score:19.695652422698%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 286.79kcal (14.34%), Fat: 12g (18.47%), Saturated Fat: 4.06g (25.37%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 3.61g (1.31%), Sugar: 2.74g (3.05%), Cholesterol: 94.79mg (31.6%), Sodium: 631.43mg (27.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.03g (80.06%), Selenium: 73.91µg (105.59%), Vitamin B12: 2.84µg (47.29%), Phosphorus: 394.03mg (39.4%), Vitamin B3: 7.12mg (35.58%), Vitamin D: 5.34µg (35.57%), Vitamin A: 1030.69IU (20.61%), Potassium: 703.2mg (20.09%), Calcium: 197.87mg (19.79%), Vitamin B6: 0.35mg (17.33%), Magnesium: 59.78mg (14.94%), Folate: 52.87µg (13.22%), Vitamin C: 10.21mg (12.37%), Vitamin B2: 0.16mg (9.58%), Vitamin B5: 0.95mg (9.51%), Copper: 0.18mg (8.8%), Vitamin K: 8.48µg (8.08%), Manganese: 0.15mg (7.63%), Iron: 1.36mg (7.54%), Vitamin E: 1.11mg (7.4%), Zinc: 1.03mg (6.89%), Vitamin B1: 0.1mg (6.81%), Fiber: 1.14g (4.57%)