



Parmesan Crusted Pesto Tilapia with Roasted Tomatoes



Gluten Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil pesto
- ☐ 0.5 cup parmigiano-reggiano grated (parmesan)
- ☐ 4 servings salt and pepper to taste
- ☐ 24 ounce tilapia fillets
- ☐ 4 cups tomatoes on the vine

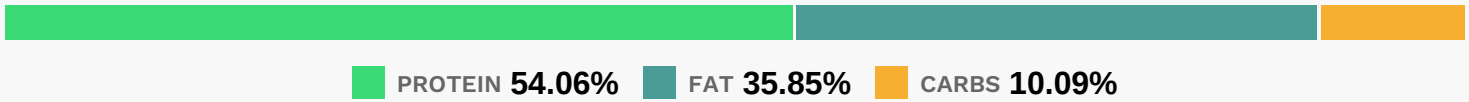
Equipment

- ☐ aluminum foil

Directions

- ☐
- Season the fillets with salt and pepper, sprinkle on the parmesan and broil along with the cherry tomatoes until the parmesan is golden brown and the fish is no longer translucent, about 10–12 minutes. (Tip: Broil the tomatoes on aluminum foil to catch all of the juices.)
- ☐
- Serve the fish topped with pesto and roasted tomatoes.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.11, Inflammation Score:-8, Nutrition Score:22.484347882478%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 299.1kcal (14.95%), Fat: 12.02g (18.49%), Saturated Fat: 4.06g (25.38%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 6.33g (2.3%), Sugar: 4.31g (4.78%), Cholesterol: 94.79mg (31.6%), Sodium: 643.81mg (27.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.78g (81.57%), Selenium: 74.66µg (106.66%), Vitamin B12: 2.84µg (47.29%), Phosphorus: 417.64mg (41.76%), Vitamin C: 33.97mg (41.18%), Vitamin B3: 7.47mg (37.33%), Vitamin D: 5.34µg (35.57%), Potassium: 850.05mg (24.29%), Vitamin A: 1138.71IU (22.77%), Calcium: 206.47mg (20.65%), Vitamin B6: 0.4mg (20.23%), Magnesium: 64.84mg (16.21%), Folate: 61.07µg (15.27%), Copper: 0.24mg (12.17%), Iron: 2.16mg (12%), Manganese: 0.22mg (11.12%), Vitamin B5: 1.08mg (10.77%), Vitamin B2: 0.18mg (10.67%), Vitamin E: 1.54mg (10.28%), Vitamin B1: 0.13mg (8.55%), Zinc: 1.11mg (7.43%), Vitamin K: 6.77µg (6.44%), Fiber: 1.29g (5.16%)