



Parmesan-Crusted Tilapia

READY IN



21 min.

SERVINGS



4

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil divided
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 teaspoon kosher salt
- ☐ 8 lemon wedges
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.5 cup parmesan fresh grated
- ☐ 24 ounce tilapia

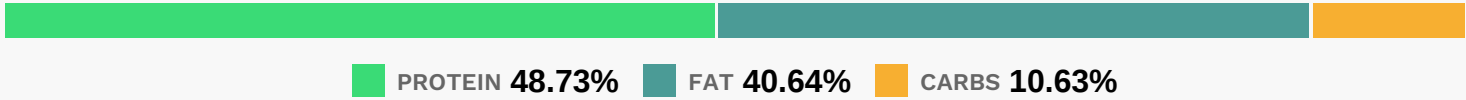
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine first 4 ingredients in a shallow dish; place eggs in another shallow dish. Rinse fillets; pat dry with paper towels. Dip fillets in egg; dredge in panko mixture.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add 1 tablespoon oil; swirl to coat.
- ☐ Add half of fillets to pan; cook 2 to 3 minutes on each side or until fish flakes easily when tested with a fork. Wipe pan with paper towels. Repeat procedure with remaining oil and fillets.
- ☐ Serve with lemon wedges.
- ☐ Let the kids dip the fish in the eggs and then into the panko mixture. It's messy, but fun!

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:0.72, Inflammation Score:-5, Nutrition Score:21.589565131975%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 350.3kcal (17.52%), Fat: 16.01g (24.63%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 8.04g (2.92%), Sugar: 1.56g (1.73%), Cholesterol: 186.55mg (62.18%), Sodium: 525.19mg (22.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.18g (86.37%), Selenium: 83.63µg (119.47%), Vitamin B12: 3.09µg (51.44%), Phosphorus: 443.75mg (44.37%), Vitamin D: 5.84µg (38.9%), Vitamin B3: 7.23mg (36.13%),

Vitamin C: 19.08mg (23.13%), Calcium: 202.74mg (20.27%), Vitamin B6: 0.37mg (18.38%), Potassium: 625.76mg (17.88%), Vitamin B2: 0.3mg (17.68%), Folate: 65.45µg (16.36%), Magnesium: 60.75mg (15.19%), Vitamin E: 2.26mg (15.04%), Vitamin B5: 1.38mg (13.8%), Iron: 2.08mg (11.58%), Vitamin B1: 0.17mg (11.44%), Copper: 0.18mg (9.19%), Zinc: 1.36mg (9.07%), Manganese: 0.17mg (8.42%), Vitamin K: 8.36µg (7.96%), Fiber: 1.38g (5.51%), Vitamin A: 241.23IU (4.82%)