



Parmesan Crusted Tilapia Fillets



Gluten Free

Image not found or type unknown

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 4 servings olive oil
- ☐ 2 teaspoons paprika
- ☐ 0.8 cup parmesan cheese grated
- ☐ 4 fillet tilapia

Equipment

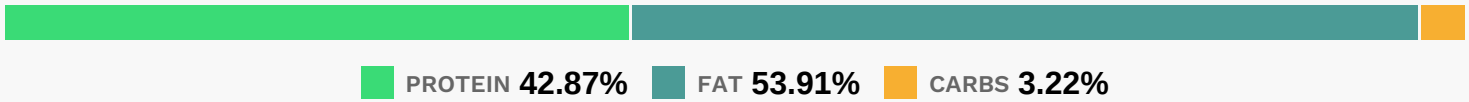
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.
- ☐ Mix Parmesan cheese, paprika, and parsley in a shallow dish; season with salt and pepper.
- ☐ Drizzle tilapia fillets with olive oil and dredge in the Parmesan cheese mixture.
- ☐ Place fillets onto the prepared baking sheet.
- ☐ Bake in preheated oven until the fish flakes easily with a fork, 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:19.846956501836%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 369.33kcal (18.47%), Fat: 22.28g (34.28%), Saturated Fat: 5.86g (36.61%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.58g (0.94%), Sugar: 0.13g (0.14%), Cholesterol: 101.31mg (33.77%), Sodium: 418.07mg (18.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.87g (79.73%), Selenium: 77.69µg (110.99%), Vitamin B12: 2.94µg (48.99%), Phosphorus: 411.75mg (41.18%), Vitamin D: 5.36µg (35.76%), Vitamin B3: 6.76mg (33.82%), Vitamin K: 28.49µg (27.14%), Vitamin E: 3.09mg (20.61%), Calcium: 187mg (18.7%), Potassium: 577.71mg (16.51%), Vitamin B6: 0.31mg (15.66%), Vitamin A: 739.51IU (14.79%), Magnesium: 54.91mg (13.73%), Folate: 43.95µg (10.99%), Vitamin B2: 0.19mg (10.9%), Zinc: 1.43mg (9.52%), Vitamin B5: 0.92mg (9.19%), Iron: 1.4mg (7.77%), Copper: 0.14mg (7.25%), Manganese: 0.11mg (5.45%), Vitamin B1: 0.08mg (5.27%), Fiber: 0.41g (1.63%), Vitamin C: 1.34mg (1.62%)