



Parmesan-Romano Tilapia

 Gluten Free

READY IN



16 min.

SERVINGS



4

CALORIES



160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon dijon mustard
- 1 tablespoon onion flakes dried
- 1 teaspoon cooking sherry dry
- 0.3 cup mayonnaise reduced-fat
- 2 tablespoons parmesan-romano cheese blend grated
- 16 ounce tilapia fillets (or flounder or orange roughy)
- 2 teaspoons worcestershire sauce low-sodium

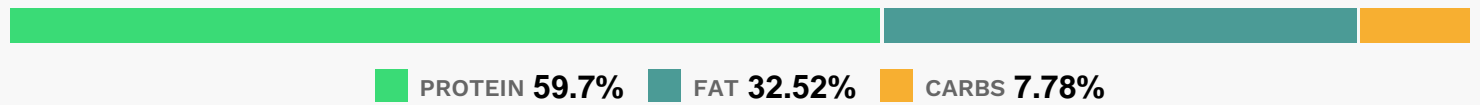
Equipment

- oven
- baking pan

Directions

- Combine first 5 ingredients, stirring well.
- Place fish in an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray.
- Spread mayonnaise mixture over fish; sprinkle evenly with cheese.
- Bake, uncovered, at 425 for 10 to 12 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:11.237826234621%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 160.32kcal (8.02%), Fat: 5.76g (8.86%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.93g (1.07%), Sugar: 1.31g (1.46%), Cholesterol: 61.54mg (20.51%), Sodium: 257.82mg (11.21%), Alcohol: 0.13g (100%), Alcohol %: 0.12% (100%), Protein: 23.78g (47.57%), Selenium: 48.63µg (69.47%), Vitamin B12: 1.82µg (30.33%), Vitamin D: 3.53µg (23.52%), Vitamin B3: 4.47mg (22.35%), Phosphorus: 221.04mg (22.1%), Potassium: 395.99mg (11.31%), Vitamin B6: 0.21mg (10.38%), Vitamin K: 9.26µg (8.82%), Magnesium: 34.19mg (8.55%), Folate: 30.37µg (7.59%), Vitamin B5: 0.59mg (5.93%), Vitamin E: 0.77mg (5.17%), Vitamin B2: 0.09mg (5.11%), Copper: 0.1mg (5.03%), Iron: 0.88mg (4.86%), Calcium: 46.1mg (4.61%), Vitamin B1: 0.06mg (3.95%), Manganese: 0.07mg (3.37%), Zinc: 0.49mg (3.25%), Vitamin C: 1.33mg (1.62%)