



Parmesan Tilapia with a White Wine Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon dill weed dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup milk
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce tilapia fillets

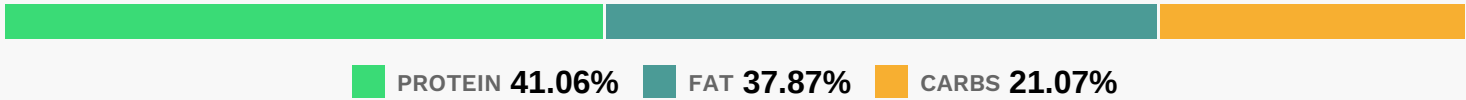
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Mix together 1/4 cup flour, Parmesan cheese, thyme, dill, and salt in a shallow dish.
- ☐ Pour 1/2 cup milk and 1/2 cup flour in two separate shallow dishes.
- ☐ Dip tilapia fillets into plain flour, then milk.
- ☐ Thoroughly coat the fillets with the seasoned flour; reserve the remaining seasoned flour.
- ☐ Melt butter in a large skillet over medium-high heat. Brown the fillets in the butter, about 2 minutes each side.
- ☐ Reduce heat to medium-low and continue to cook until the fish is easily flaked with a fork, 2 to 5 minutes more.
- ☐ Transfer the fillets to a dish.
- ☐ Increase heat to medium, and pour the remaining seasoned flour into the skillet.
- ☐ Whisk in white wine; cook and stir until reduced and thickened, about 5 minutes.
- ☐ Gradually stir in 1/4 cup milk. Reduce heat to low and allow sauce to simmer for 1 or 2 minutes more.
- ☐ Spoon sauce over tilapia to serve.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:8.96, Inflammation Score:-6, Nutrition Score:14.981739185427%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg,

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 290.66kcal (14.53%), Fat: 11.76g (18.09%), Saturated Fat: 6.51g (40.69%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 14.24g (5.18%), Sugar: 0.93g (1.04%), Cholesterol: 84.45mg (28.15%), Sodium: 475.26mg (20.66%), Alcohol: 1.54g (100%), Alcohol %: 1.09% (100%), Protein: 28.69g (57.38%), Selenium: 57.45µg (82.08%), Vitamin B12: 2.05µg (34.24%), Phosphorus: 309.61mg (30.96%), Vitamin B3: 5.4mg (27.02%), Vitamin D: 3.75µg (24.97%), Calcium: 150.65mg (15.07%), Folate: 57.26µg (14.32%), Vitamin B2: 0.22mg (12.84%), Vitamin B1: 0.18mg (12.22%), Potassium: 422.57mg (12.07%), Vitamin B6: 0.22mg (11.03%), Magnesium: 42.74mg (10.69%), Manganese: 0.19mg (9.62%), Iron: 1.67mg (9.3%), Zinc: 1.12mg (7.49%), Vitamin B5: 0.73mg (7.33%), Vitamin A: 319.82IU (6.4%), Copper: 0.12mg (5.76%), Vitamin E: 0.71mg (4.71%), Vitamin K: 4.59µg (4.37%), Fiber: 0.49g (1.94%)