



Pecan-Crusted Tilapia

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup breadcrumbs dry
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon hot sauce
- ☐ 4 lemon wedges
- ☐ 0.5 cup buttermilk low-fat
- ☐ 2 tablespoons pecans finely chopped
- ☐ 0.5 teaspoon salt

- ☐ 24 ounce snapper fillets
- ☐ 1 tablespoon vegetable oil divided

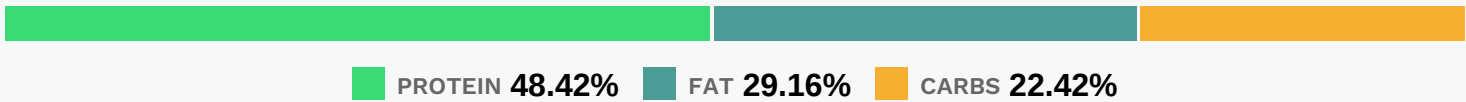
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a shallow dish.
- ☐ Combine buttermilk and hot sauce in a medium bowl; place flour in a shallow dish. Dredge 1 fillet in flour. Dip in buttermilk mixture; dredge in breadcrumb mixture. Repeat procedure with remaining fillets, flour, buttermilk mixture, and breadcrumb mixture.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add 2 fillets; cook 3 minutes on each side or until fish flakes easily when tested with a fork. Repeat procedure with remaining oil and fillets.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:36.88, Glycemic Load:3.45, Inflammation Score:-6, Nutrition Score:25.056086996327%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 326.71kcal (16.34%), Fat: 10.43g (16.05%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 18.04g (6.01%), Net Carbohydrates: 16.25g (5.91%), Sugar: 2.95g (3.28%), Cholesterol: 64.14mg (21.38%), Sodium: 556.59mg (24.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.97g (77.93%), Vitamin D: 17.35µg (115.67%), Selenium: 71.2µg (101.71%), Vitamin B12: 5.22µg (86.94%), Phosphorus: 409.6mg (40.96%), Vitamin B6: 0.74mg (36.93%), Potassium: 837.1mg (23.92%), Manganese: 0.43mg (21.72%), Vitamin B1: 0.3mg (20.3%), Magnesium: 72.65mg (18.16%), Vitamin C: 12.99mg (15.75%), Vitamin B5: 1.54mg (15.38%), Vitamin E: 2.04mg (13.6%), Calcium: 123.88mg (12.39%), Folate: 37.96µg (9.49%), Vitamin B3: 1.81mg (9.04%), Vitamin B2: 0.14mg (8.5%), Iron: 1.5mg (8.32%), Copper: 0.16mg (8.16%), Zinc: 1.22mg (8.13%), Vitamin K: 7.75µg (7.38%), Fiber: 1.79g (7.17%), Vitamin A: 202.66IU (4.05%)