



HEALTH SCORE

55%

Pistachio-Crusted Tilapia with Chard, Flash-Fried Prosciutto, Gorgonzola and Pine Nuts



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups chard leaves fresh
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 cup gorgonzola blue crumbled
- ☐ 3 tablespoons dijon honey mustard
- ☐ 1.5 tablespoons olive oil divided
- ☐ 1 teaspoon oregano dried

- ☐ 4 tablespoons pinenuts
- ☐ 1 cup pistachios shelled
- ☐ 4 ounces pancetta diced
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 fillet tilapia

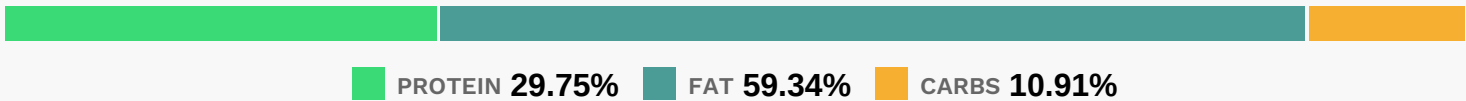
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ In a food processor, combine pistachios, oregano, thyme, and garlic powder. Process until finely chopped and transfer to a shallow dish. Season both sides of tilapia fillets with salt and pepper.
- ☐ Brush honey mustard over both sides of tilapia and then transfer to pistachio mixture. Press mixture into both sides of fish.
- ☐ Heat 1 tablespoon of the oil in a large skillet over medium heat.
- ☐ Add tilapia and cook 2 to 3 minutes per side, until fork-tender.
- ☐ Heat remaining oil in a small skillet over high heat.
- ☐ Add prosciutto and cook 2 minutes, until golden brown.
- ☐ Add pine nuts and cook 1 minute, until nuts are golden brown.
- ☐ Add chard leaves, cover and steam 2 minutes, until leaves soften. Arrange chard mixture on a serving platter and top with Gorgonzola and serve with tilapia.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:1.41, Inflammation Score:-10, Nutrition Score:39.439565119536%

Flavonoids

Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 633.99kcal (31.7%), Fat: 42.76g (65.79%), Saturated Fat: 9.3g (58.11%), Carbohydrates: 17.69g (5.9%), Net Carbohydrates: 12.93g (4.7%), Sugar: 5.64g (6.26%), Cholesterol: 110.04mg (36.68%), Sodium: 545.5mg (23.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.23g (96.47%), Vitamin K: 466.89µg (444.66%), Selenium: 80.82µg (115.46%), Manganese: 1.57mg (78.73%), Vitamin A: 3526.57IU (70.53%), Phosphorus: 598.44mg (59.84%), Vitamin B12: 2.93µg (48.84%), Vitamin B6: 0.96mg (48.18%), Vitamin B3: 8.96mg (44.78%), Magnesium: 159.65mg (39.91%), Copper: 0.78mg (38.99%), Vitamin D: 5.43µg (36.17%), Potassium: 1184.87mg (33.85%), Vitamin B1: 0.48mg (31.99%), Vitamin E: 4.35mg (29.02%), Iron: 4.38mg (24.32%), Vitamin C: 18.14mg (21.99%), Fiber: 4.77g (19.06%), Folate: 72.54µg (18.14%), Zinc: 2.68mg (17.85%), Vitamin B2: 0.29mg (16.89%), Vitamin B5: 1.42mg (14.24%), Calcium: 137.9mg (13.79%)