



## Roasted Tilapia and Vegetables

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 lb asparagus fresh cut in half
- 2 small zucchini halved lengthwise cut into 1/2-inch pieces
- 1 bell pepper red cut into 1/2-inch strips
- 1 large onion separated cut into 1/2-inch wedges,
- 2 tablespoons olive oil
- 2 teaspoons steak seasoning
- 1.5 lb tilapia
- 1 tablespoon butter melted

0.5 teaspoon paprika

## Equipment

bowl

frying pan

paper towels

oven

baking pan

glass baking pan

## Directions

Heat oven to 450°F. In large bowl, mix asparagus, zucchini, bell pepper, onion and oil.

Sprinkle with 1 teaspoon of the steak seasoning; toss to coat.

Spread vegetables in ungreased 15x10x1-inch pan.

Place on lower oven rack in oven; bake 5 minutes.

Meanwhile, spray 13x9-inch (3-quart) glass baking dish with cooking spray. Pat tilapia fillets dry with paper towels.

Brush with butter; sprinkle with remaining 1 teaspoon steak seasoning and paprika.

Place in baking dish.

Place baking dish on middle oven rack in oven.

Bake fish and vegetables 17 to 18 minutes longer or until fish flakes easily with fork and vegetables are tender.

## Nutrition Facts



**PROTEIN 48.13%** **FAT 38.65%** **CARBS 13.22%**

## Properties

Glycemic Index:30.25, Glycemic Load:1.66, Inflammation Score:-9, Nutrition Score:27.885217417841%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg  
Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 16mg, Quercetin: 16mg, Quercetin: 16mg, Quercetin: 16mg

## **Nutrients (% of daily need)**

Calories: 298.22kcal (14.91%), Fat: 13.2g (20.31%), Saturated Fat: 2.69g (16.81%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 6.91g (2.51%), Sugar: 5.44g (6.04%), Cholesterol: 85.05mg (28.35%), Sodium: 130.58mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.99g (73.97%), Selenium: 72.83µg (104.04%), Vitamin C: 54.72mg (66.33%), Vitamin B12: 2.69µg (44.85%), Vitamin K: 42.58µg (40.55%), Vitamin B3: 7.85mg (39.25%), Phosphorus: 362.98mg (36.3%), Vitamin D: 5.27µg (35.15%), Vitamin A: 1753.52IU (35.07%), Vitamin B6: 0.57mg (28.69%), Folate: 106.81µg (26.7%), Potassium: 913.82mg (26.11%), Manganese: 0.41mg (20.56%), Vitamin E: 3.07mg (20.48%), Magnesium: 74.59mg (18.65%), Iron: 3.04mg (16.87%), Vitamin B2: 0.28mg (16.72%), Copper: 0.3mg (14.79%), Vitamin B1: 0.21mg (14.3%), Fiber: 3.24g (12.97%), Vitamin B5: 1.25mg (12.54%), Zinc: 1.24mg (8.24%), Calcium: 62.42mg (6.24%)