



Roasted Tilapia with Tomatoes and Olives



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cherry tomatoes halved
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.8 cup olives green pitted coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce tilapia fillets

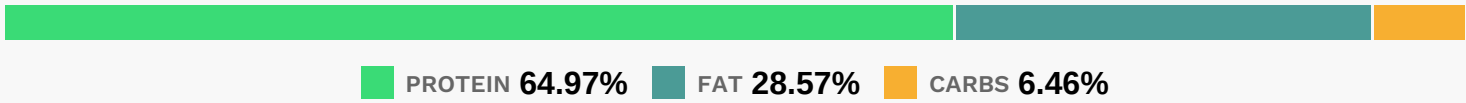
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Sprinkle fish with salt and pepper. Arrange fish in a single layer in the center of a jelly-roll pan lightly coated with cooking spray.
- ☐ Combine tomatoes and remaining ingredients; toss gently. Arrange tomato mixture around fish on baking sheet.
- ☐ Bake at 375 for 20 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Place 1 fillet on each of 4 plates; top each serving with about 1/4 cup tomato mixture.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:20.008260934249%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 211.45kcal (10.57%), Fat: 6.84g (10.53%), Saturated Fat: 1.52g (9.51%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 2.21g (0.8%), Sugar: 1.11g (1.24%), Cholesterol: 85.05mg (28.35%), Sodium: 634.85mg (27.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.02g (70.03%), Selenium: 71.84µg (102.63%), Vitamin K: 53.22µg (50.69%), Vitamin B12: 2.69µg (44.79%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.95mg (34.77%), Phosphorus: 305.99mg (30.6%), Potassium: 632.86mg (18.08%), Vitamin B6: 0.34mg (17.19%), Vitamin C: 13.19mg (15.98%), Magnesium: 54.34mg (13.59%), Folate: 51.07µg (12.77%), Vitamin E: 1.88mg (12.53%), Vitamin A: 535.24IU (10.7%), Copper: 0.2mg (9.94%), Vitamin B5: 0.91mg (9.09%), Iron: 1.57mg (8.71%), Manganese: 0.16mg (8.04%), Vitamin B2: 0.12mg (7.22%), Vitamin B1: 0.1mg (6.38%), Fiber: 1.27g (5.1%), Zinc: 0.68mg (4.56%), Calcium: 43.13mg

(4.31%)