



Sautéed Tilapia with Honey-Scallion Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon canola oil
- ☐ 0.3 teaspoon sesame oil dark
- ☐ 2 tablespoons green onions chopped
- ☐ 1 teaspoon bottled ground ginger fresh (such as Spice World)
- ☐ 1 tablespoon honey
- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 1 tablespoon soya sauce low-sodium

- ☐ 4 cups gourmet salad greens
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce tilapia fillets

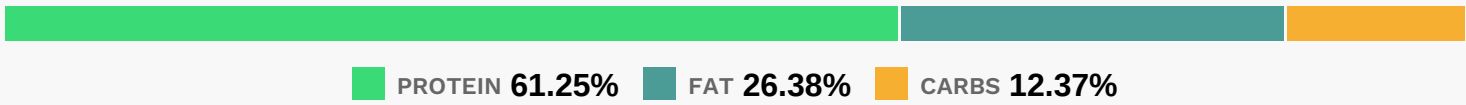
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ To prepare dressing, combine first 6 ingredients in a bowl, stirring well with a whisk.
- ☐ To prepare fish, heat canola oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle fish evenly with salt and pepper.
- ☐ Add fish to pan; cook 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Arrange 1 cup greens on each of 4 plates. Top each serving with 1 fish fillet; drizzle with 2 tablespoons dressing.

Nutrition Facts



Properties

Glycemic Index:29.07, Glycemic Load:2.31, Inflammation Score:-6, Nutrition Score:18.233043564403%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 225.94kcal (11.3%), Fat: 6.73g (10.36%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 7.1g (2.37%), Net Carbohydrates: 6.87g (2.5%), Sugar: 4.65g (5.17%), Cholesterol: 85.05mg (28.35%), Sodium: 534.47mg (23.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.17g (70.34%), Selenium: 71.63µg (102.33%), Vitamin B12: 2.69µg (44.79%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.98mg (34.92%), Phosphorus: 314.41mg (31.44%),

Potassium: 624.73mg (17.85%), Vitamin C: 13.5mg (16.37%), Vitamin B6: 0.32mg (16.23%), Manganese: 0.32mg (16.2%), Folate: 61.36µg (15.34%), Magnesium: 55.54mg (13.88%), Vitamin K: 11.23µg (10.69%), Vitamin A: 485.36IU (9.71%), Vitamin B5: 0.91mg (9.11%), Vitamin E: 1.34mg (8.96%), Vitamin B2: 0.14mg (8.44%), Iron: 1.44mg (8%), Copper: 0.16mg (7.94%), Vitamin B1: 0.09mg (5.84%), Zinc: 0.72mg (4.83%), Calcium: 27.47mg (2.75%)