



Sautéed Tilapia with Lemon-Peppercorn Pan Sauce

READY IN



22 min.

SERVINGS



2

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons peppercorns green crushed drained
- ☐ 1 teaspoon butter
- ☐ 2 teaspoons butter
- ☐ 0.8 cup fat-skimmed beef broth fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 teaspoon salt

- ☐ 12 ounce sole
- ☐ 1 teaspoon vegetable oil

Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients.
- ☐ Melt 1 teaspoon of butter with oil in a large nonstick skillet over low heat.
- ☐ While butter melts, sprinkle fish fillets with salt and black pepper.
- ☐ Place the flour in a shallow dish. Dredge fillets in flour; shake off excess flour.
- ☐ Increase heat to medium-high; heat 2 minutes or until butter turns golden brown.
- ☐ Add fillets to pan; saut 3 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Remove fillets from pan.
- ☐ Add broth mixture to pan, scraping to loosen browned bits. Bring to a boil; cook until reduced to 1/2 cup (about 3 minutes).
- ☐ Remove from heat. Stir in two teaspoons of butter with a whisk.
- ☐ Serve sauce over fillets.
- ☐ Garnish with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:103.5, Glycemic Load:8.66, Inflammation Score:-5, Nutrition Score:14.546087233917%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg

Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 261.55kcal (13.08%), Fat: 11.99g (18.45%), Saturated Fat: 4.99g (31.18%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 13.97g (5.08%), Sugar: 0.94g (1.05%), Cholesterol: 92.67mg (30.89%), Sodium: 901.72mg (39.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.72%), Selenium: 52.53µg (75.05%), Phosphorus: 459.52mg (45.95%), Vitamin B12: 2.11µg (35.08%), Vitamin D: 4.76µg (31.75%), Vitamin B3: 3.2mg (16%), Vitamin C: 11.8mg (14.31%), Vitamin B1: 0.17mg (11.6%), Folate: 44.32µg (11.08%), Potassium: 351.01mg (10.03%), Vitamin B6: 0.2mg (10.02%), Vitamin E: 1.49mg (9.92%), Magnesium: 37.32mg (9.33%), Manganese: 0.18mg (8.8%), Vitamin B2: 0.14mg (8.04%), Iron: 1.2mg (6.69%), Vitamin B5: 0.54mg (5.37%), Vitamin K: 5.29µg (5.04%), Vitamin A: 246.75IU (4.94%), Zinc: 0.7mg (4.64%), Calcium: 46.39mg (4.64%), Copper: 0.08mg (3.97%), Fiber: 0.58g (2.31%)