



Shark and Bake

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings all purpose flour
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 3 tablespoons green onion finely chopped
- ☐ 0.8 teaspoon habanero chile minced seeded
- ☐ 6 servings lettuce leaves chopped
- ☐ 3 tablespoons juice of lime fresh
- ☐ 6 pita bread rounds warmed

- ☐ 1 pound tilapia fillets
- ☐ 1 slices tomatoes
- ☐ 3 tablespoons vegetable oil
- ☐ 6 servings condiments such as mango chutney, honey mustard, garlic mayonnaise, thinly sliced onion, thinly sliced cucumbers, and hot pepper sauce assorted

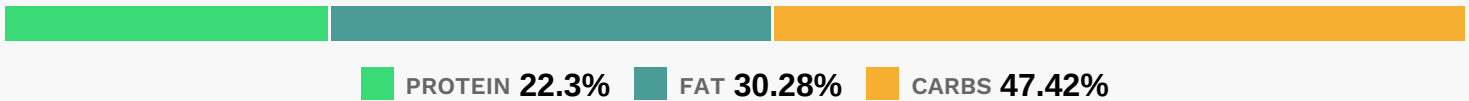
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ glass baking pan

Directions

- ☐ Arrange fish in single layer in 13x9x2-inch glass baking dish.
- ☐ Mix lime juice, green onion, garlic, thyme, and chile in small bowl; season with salt and pepper. Spoon over fish; let stand at room temperature at least 20 minutes and up to 1 hour.
- ☐ Heat oil in large nonstick skillet over medium-high heat.
- ☐ Sprinkle fish on both sides with salt and pepper, then flour. Working in batches, add fish to skillet and cook until golden and opaque in center, about 2 minutes per side.
- ☐ Transfer fish to paper towels to drain.
- ☐ Cut off thin slice from each warm pita bread round, forming opening. Open pita pockets and stuff with fish, lettuce, and tomato.
- ☐ Serve with desired condiments.

Nutrition Facts



Properties

Glycemic Index:60.33, Glycemic Load:33.48, Inflammation Score:-9, Nutrition Score:16.212173959483%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 342.13kcal (17.11%), Fat: 11.32g (17.41%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 39.87g (13.29%), Net Carbohydrates: 37.92g (13.79%), Sugar: 0.62g (0.69%), Cholesterol: 45.18mg (15.06%), Sodium: 378.08mg (16.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.75g (37.51%), Vitamin D: 9.45µg (63%), Vitamin A: 1915.66IU (38.31%), Vitamin B12: 1.69µg (28.1%), Vitamin B1: 0.4mg (26.67%), Phosphorus: 233.71mg (23.37%), Manganese: 0.46mg (22.88%), Vitamin K: 19.25µg (18.33%), Selenium: 12.45µg (17.79%), Vitamin B3: 3.26mg (16.3%), Vitamin C: 10.43mg (12.65%), Potassium: 431.19mg (12.32%), Folate: 47.6µg (11.9%), Vitamin B2: 0.18mg (10.51%), Magnesium: 39.73mg (9.93%), Iron: 1.76mg (9.77%), Vitamin B5: 0.86mg (8.61%), Vitamin B6: 0.17mg (8.29%), Fiber: 1.95g (7.79%), Calcium: 77mg (7.7%), Copper: 0.15mg (7.29%), Zinc: 1.01mg (6.73%), Vitamin E: 0.7mg (4.64%)