



Skillet Fillets with Cilantro Butter

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter softened
- 2 tablespoons cilantro leaves fresh finely chopped
- 0.3 teaspoon ground cumin
- 0.1 teaspoon ground pepper red
- 1 optional: lemon quartered
- 0.5 teaspoon lemon rind grated
- 0.3 teaspoon paprika
- 0.1 teaspoon salt

- 0.3 teaspoon salt
- 24 ounce tilapia fillets

Equipment

- bowl
- frying pan

Directions

- Combine first 3 ingredients; sprinkle over both sides of fish.
- Heat a large nonstick skillet over medium–high heat. Coat pan with cooking spray. Coat both sides of fish with cooking spray; place in pan. Cook 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- Place fish on a serving platter; squeeze lemon quarters over fish.
- Place butter and remaining ingredients in a small bowl; stir until well blended.
- Serve with fish.

Nutrition Facts

PROTEIN 60.77% **FAT 34.44%** **CARBS 4.79%**

Properties

Glycemic Index:39.88, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:16.547391518303%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 222.5kcal (11.12%), Fat: 8.71g (13.39%), Saturated Fat: 4.61g (28.81%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 1.86g (0.68%), Sugar: 0.71g (0.79%), Cholesterol: 100.1mg (33.37%), Sodium: 352.43mg (15.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.57g (69.13%), Selenium: 71.3µg (101.86%), Vitamin B12: 2.7µg (44.99%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.7mg (33.48%), Phosphorus: 296.49mg (29.65%), Vitamin C:

14.74mg (17.87%), Potassium: 560.46mg (16.01%), Vitamin B6: 0.3mg (15.14%), Magnesium: 49.1mg (12.27%), Folate: 44.3µg (11.07%), Vitamin B5: 0.89mg (8.92%), Copper: 0.14mg (7.03%), Vitamin B2: 0.12mg (6.94%), Iron: 1.24mg (6.88%), Vitamin E: 0.95mg (6.32%), Vitamin A: 283.65IU (5.67%), Vitamin B1: 0.08mg (5.51%), Manganese: 0.08mg (3.99%), Zinc: 0.6mg (3.99%), Vitamin K: 3.65µg (3.47%), Fiber: 0.86g (3.45%), Calcium: 27.86mg (2.79%)