



Southwestern Tilapia

 Gluten Free

READY IN



11 min.

SERVINGS



4

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 3 tablespoons butter light divided
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 cup onion finely chopped (1 medium)
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce tilapia fillets

☐ 2 tablespoons water

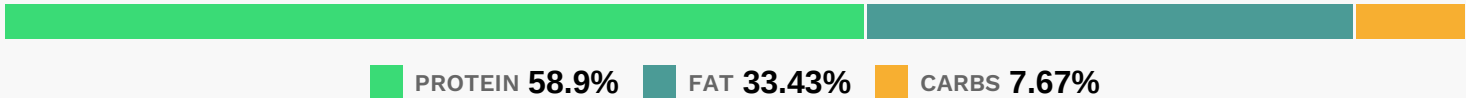
Equipment

- ☐ frying pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Sprinkle both sides of fish with salt and pepper.
- ☐ Place on a broiler pan coated with cooking spray. Spray fish with cooking spray. Broil 6 to 8 minutes or until fish flakes easily when tested with a fork.
- ☐ Meanwhile, melt 1 tablespoon butter in a large nonstick skillet over medium heat.
- ☐ Add onion; cook 4 minutes or until tender, stirring constantly. Stir in chili powder and cumin; cook 30 seconds, stirring constantly.
- ☐ Remove from heat; stir in 2 tablespoons butter, water, and lime juice until well blended. Spoon onion mixture evenly over fish.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.86, Inflammation Score:-6, Nutrition Score:16.816521706788%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 235.6kcal (11.78%), Fat: 8.85g (13.62%), Saturated Fat: 4.64g (28.97%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 3.61g (1.31%), Sugar: 1.8g (2%), Cholesterol: 96.18mg (32.06%), Sodium: 393.64mg (17.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.1g (70.19%), Selenium: 71.54µg (102.2%), Vitamin B12: 2.7µg (45.02%), Vitamin D: 5.38µg (35.85%), Vitamin B3: 6.76mg (33.83%), Phosphorus: 308mg (30.8%), Potassium: 601.54mg (17.19%), Vitamin B6: 0.34mg (16.92%), Magnesium: 52.92mg (13.23%), Folate: 49.11µg (12.28%), Vitamin B5: 0.89mg (8.9%), Manganese: 0.16mg (8.23%), Iron: 1.43mg (7.96%), Copper: 0.16mg (7.81%), Vitamin B2: 0.13mg (7.76%), Vitamin E: 1.06mg (7.09%), Vitamin A: 333.76IU (6.68%), Vitamin B1: 0.09mg (6.21%), Vitamin C: 4.11mg (4.98%), Zinc: 0.7mg (4.65%), Vitamin K: 4.02µg (3.83%), Fiber: 0.96g (3.83%), Calcium: 37.26mg (3.73%)