



Spiced Tilapia with Honeyed Mango-Lime Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 mangos diced ripe peeled
- ☐ 1 juice of lime grated
- ☐ 2 tablespoons spring onion coarsely chopped
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon kosher salt (coarse)
- ☐ 1 eggs
- ☐ 2 tablespoons milk

- ☐ 0.5 teaspoon kosher salt (coarse)
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 lb tilapia
- ☐ 0.3 cup canola oil
- ☐ 1 teaspoon chili paste depending on your taste pref
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 cup frangelico

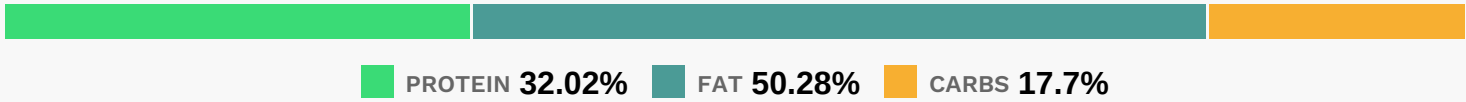
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ In food processor, place all sauce ingredients. Cover; process until smooth. Set aside until serving time.
- ☐ In shallow dish, beat egg and milk with fork. In another shallow dish, mix Bisquick mix, salt and pepper. Dip fillets in egg mixture, then coat with Bisquick mixture.
- ☐ In 12-inch skillet, heat oil and chili paste over medium heat; stir to combine. Cook fillets in oil 4 to 6 minutes, turning once, until golden brown and fish flakes easily with fork.
- ☐ To serve, place fish on serving platter or individual plates.
- ☐ Drizzle evenly with sauce; sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:59.51, Glycemic Load:6.04, Inflammation Score:-6, Nutrition Score:15.971738981164%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg

Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg 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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg 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: 304.33kcal (15.22%), Fat: 17.43g (26.82%), Saturated Fat: 2.23g (13.93%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 12.83g (4.66%), Sugar: 12.11g (13.46%), Cholesterol: 98.52mg (32.84%), Sodium: 660.49mg (28.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.98g (49.95%), Selenium: 51.32µg (73.31%), Vitamin B12: 1.93µg (32.17%), Vitamin C: 21.9mg (26.55%), Vitamin D: 3.82µg (25.45%), Vitamin B3: 4.84mg (24.22%), Vitamin E: 3.53mg (23.52%), Phosphorus: 232.64mg (23.26%), Vitamin K: 20.58µg (19.6%), Folate: 57.62µg (14.41%), Vitamin B6: 0.28mg (13.85%), Potassium: 482.54mg (13.79%), Vitamin A: 675.06IU (13.5%), Magnesium: 39.72mg (9.93%), Vitamin B2: 0.16mg (9.32%), Vitamin B5: 0.87mg (8.68%), Copper: 0.16mg (8.04%), Iron: 1.01mg (5.62%), Manganese: 0.11mg (5.31%), Vitamin B1: 0.07mg (4.96%), Zinc: 0.63mg (4.19%), Fiber: 0.99g (3.95%), Calcium: 37.17mg (3.72%)