



Spicy Louisiana Tilapia Fillets with Sautéed Vegetable Relish



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 2 teaspoons louisiana hot sauce
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce tilapia fillets
- ☐ 8 ounce prechopped tomato refrigerated
- ☐ 2 tablespoons water

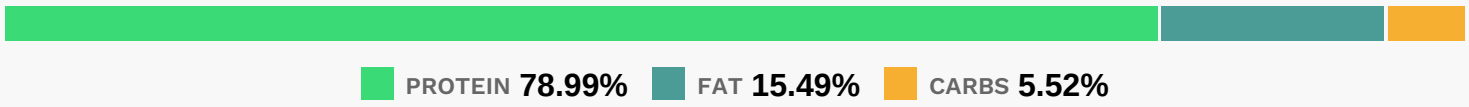
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium–high heat; coat pan with cooking spray.
- ☐ Add tomato mixture; saut 2 minutes.
- ☐ Remove from pan.
- ☐ Coat pan and fillets with cooking spray; add fish to pan. Cook 2 minutes or until lightly browned. Turn fillets over; add tomato mixture to pan, spooning mixture over and around fillets. Cover and cook 5 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ While fish cooks, combine 2 tablespoons water, hot sauce, thyme, and salt in a small bowl.
- ☐ Carefully remove fish and tomato mixture from pan; place on a serving platter. Reduce heat to medium; add hot sauce mixture and butter to pan. Cook until butter melts. Spoon butter mixture evenly over fish and tomato mixture.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:0.61, Inflammation Score:-8, Nutrition Score:17.268260997275%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 174.48kcal (8.72%), Fat: 3.03g (4.65%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 1.63g (0.59%), Sugar: 1.52g (1.68%), Cholesterol: 85.05mg (28.35%), Sodium: 435.27mg (18.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.71g (69.41%), Selenium: 71.1µg (101.57%), Vitamin B12: 2.69µg (44.79%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.99mg (34.97%), Phosphorus: 303.79mg (30.38%), Potassium: 655.58mg (18.73%), Vitamin B6: 0.33mg (16.33%), Magnesium: 53.55mg (13.39%), Vitamin C: 10.46mg (12.68%),

Folate: 49.79µg (12.45%), Vitamin A: 511.18IU (10.22%), Vitamin B5: 0.88mg (8.84%), Copper: 0.17mg (8.36%),
Vitamin B2: 0.12mg (7.24%), Manganese: 0.14mg (7.11%), Iron: 1.25mg (6.94%), Vitamin E: 0.99mg (6.59%), Vitamin
K: 6.91µg (6.58%), Vitamin B1: 0.09mg (6.12%), Zinc: 0.68mg (4.5%), Fiber: 0.79g (3.17%), Calcium: 26.28mg (2.63%)