



Spicy Tilapia with Pineapple-Pepper Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cajun spice
- ☐ 2 teaspoons canola oil
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 small jalapeno seeded chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 4 lime wedges
- ☐ 0.3 cup onion chopped

- ☐ 1.5 cups pineapple chunks fresh chopped
- ☐ 0.3 cup plum tomatoes chopped
- ☐ 2 tablespoons rice vinegar
- ☐ 24 ounce tilapia fillets

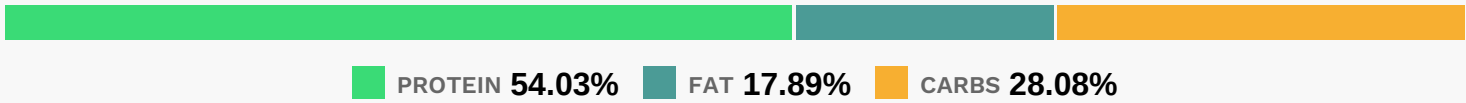
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Combine Cajun seasoning, salt, and pepper in a small bowl.
- ☐ Sprinkle fish evenly with spice mixture.
- ☐ Add fish to pan, and cook for 2 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Combine pineapple and next 5 ingredients (through jalapeo) in a large bowl, stirring gently.
- ☐ Serve pineapple mixture with fish.
- ☐ Garnish with lime wedges.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:0.99, Inflammation Score:-7, Nutrition Score:19.536956766377%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 252.77kcal (12.64%), Fat: 5.18g (7.97%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 15.85g (5.76%), Sugar: 14.25g (15.84%), Cholesterol: 85.05mg (28.35%), Sodium: 237.25mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.17g (70.35%), Selenium: 71.69µg (102.42%), Vitamin B12: 2.69µg (44.79%), Vitamin B3: 7.17mg (35.83%), Vitamin D: 5.27µg (35.15%), Phosphorus: 310.43mg (31.04%), Vitamin C: 21.54mg (26.11%), Potassium: 731.57mg (20.9%), Vitamin B6: 0.41mg (20.51%), Magnesium: 65.53mg (16.38%), Folate: 53.57µg (13.39%), Copper: 0.26mg (12.87%), Vitamin B1: 0.18mg (12.17%), Vitamin A: 560.62IU (11.21%), Vitamin E: 1.51mg (10.05%), Fiber: 2.43g (9.72%), Vitamin B5: 0.93mg (9.26%), Vitamin B2: 0.15mg (8.63%), Iron: 1.52mg (8.44%), Vitamin K: 7.61µg (7.24%), Manganese: 0.12mg (6.15%), Zinc: 0.76mg (5.05%), Calcium: 44.57mg (4.46%)