



Thai Tilapia with Peanut Sauce

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons vegetable oil
- ☐ 1 lb savory vegetable frozen ()
- ☐ 1 tablespoon vegetable oil
- ☐ 1.3 lb tilapia
- ☐ 4 tablespoons satay sauce

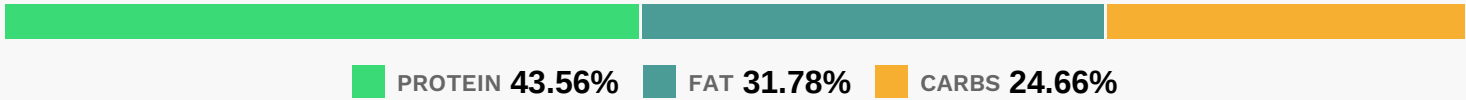
Equipment

- ☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, heat 2 teaspoons oil over high heat.
- ☐ Add frozen vegetables; cook 4 to 5 minutes, stirring frequently, until crisp-tender. Divide vegetables among 4 dinner plates; cover to keep warm.
- ☐ Add 1 tablespoon oil to same skillet; reduce heat to medium-high.
- ☐ Add fish fillets; cook 3 minutes. Turn fish; spoon and spread 1 tablespoon peanut sauce over each fillet to cover. Cook about 4 minutes longer or until fish flakes easily with fork.
- ☐ Serve fish with vegetables.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:4.83, Inflammation Score:-10, Nutrition Score:22.550434900367%

Nutrients (% of daily need)

Calories: 297.74kcal (14.89%), Fat: 10.74g (16.52%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 14.21g (5.17%), Sugar: 2.61g (2.9%), Cholesterol: 70.87mg (23.62%), Sodium: 335.76mg (14.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.11g (66.22%), Vitamin A: 5758.35IU (115.17%), Selenium: 59.7µg (85.29%), Vitamin B12: 2.24µg (37.33%), Vitamin B3: 6.95mg (34.76%), Phosphorus: 307.88mg (30.79%), Vitamin D: 4.39µg (29.29%), Potassium: 668.48mg (19.1%), Fiber: 4.54g (18.14%), Vitamin B6: 0.34mg (16.92%), Folate: 66.9µg (16.73%), Manganese: 0.33mg (16.46%), Magnesium: 65.49mg (16.37%), Vitamin C: 11.79mg (14.3%), Vitamin B1: 0.2mg (13.1%), Vitamin K: 12.37µg (11.79%), Vitamin B2: 0.19mg (10.92%), Copper: 0.21mg (10.59%), Iron: 1.87mg (10.4%), Vitamin B5: 0.88mg (8.75%), Vitamin E: 1.03mg (6.86%), Zinc: 0.98mg (6.52%), Calcium: 42.52mg (4.25%)