



Tilapia Florentine

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



253 kcal

Ingredients

- ☐ 20 oz fish fillet
- ☐ 0.3 cup salad dressing reduced-fat
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 teaspoon tarragon dried
- ☐ 0.3 teaspoon lemon pepper
- ☐ 4 teaspoons breadcrumbs dry
- ☐ 2 teaspoons olive oil
- ☐ 4 oz mushrooms fresh sliced

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 9 oz pkt spinach fresh packed
- ☐ 0.5 teaspoon salt

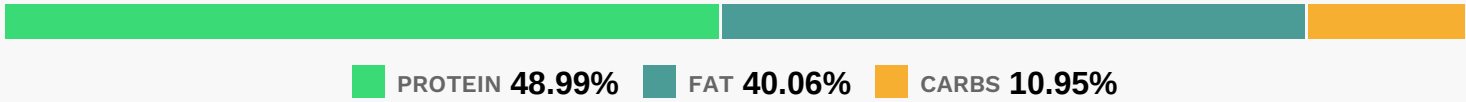
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450°F. Spray 11x7-inch pan with cooking spray.
- ☐ Place fish fillets in pan. In small bowl, mix mayonnaise, 2 teaspoons lemon juice, the mustard, tarragon and lemon-pepper seasoning until blended.
- ☐ Spread mayonnaise mixture evenly over fish fillets.
- ☐ Sprinkle with bread crumbs.
- ☐ Bake 10 to 12 minutes or until fish flakes easily with fork.
- ☐ Meanwhile, in 12-inch skillet, heat oil over medium heat. Cook mushrooms in oil about 5 minutes, stirring occasionally, until softened. Stir in 1 tablespoon lemon juice. Gradually stir in spinach. Cook about 3 minutes, stirring occasionally, just until spinach is wilted.
- ☐ Sprinkle with salt.
- ☐ To serve, place spinach on each fish fillet.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:30.746956514276%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg

Naringenin: 0.09mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 4.07mg, Kaempferol: 4.07mg, Kaempferol: 4.07mg, Kaempferol: 4.07mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 252.55kcal (12.63%), Fat: 11.52g (17.72%), Saturated Fat: 2.2g (13.72%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 5.16g (1.88%), Sugar: 1.97g (2.19%), Cholesterol: 77.87mg (25.96%), Sodium: 571.47mg (24.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.7g (63.39%), Vitamin K: 342.65µg (326.34%), Vitamin A: 6030.7IU (120.61%), Selenium: 63.48µg (90.68%), Folate: 166.77µg (41.69%), Vitamin B12: 2.26µg (37.63%), Vitamin B3: 7.19mg (35.93%), Manganese: 0.7mg (34.94%), Phosphorus: 314.34mg (31.43%), Vitamin D: 4.45µg (29.67%), Potassium: 906.08mg (25.89%), Vitamin C: 21.13mg (25.61%), Magnesium: 94.14mg (23.53%), Vitamin B2: 0.34mg (19.84%), Vitamin B6: 0.4mg (19.8%), Iron: 2.93mg (16.29%), Copper: 0.29mg (14.5%), Vitamin E: 2.17mg (14.46%), Vitamin B5: 1.18mg (11.81%), Vitamin B1: 0.15mg (10.32%), Calcium: 87.8mg (8.78%), Fiber: 1.92g (7.68%), Zinc: 1.01mg (6.7%)