



Tilapia Foil Packets



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons olive oil
- ☐ 2 plum tomatoes chopped
- ☐ 1 small shallots minced
- ☐ 12 ounce tilapia fillets

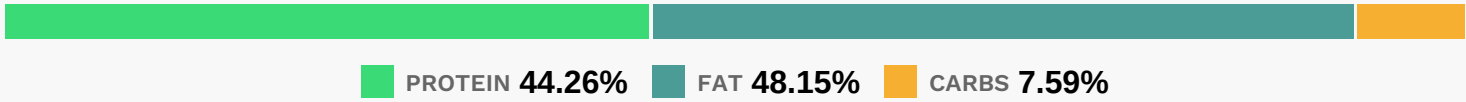
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Lay each fillet out on its own piece of foil. The foil should be a few inches longer than the fillet.
- ☐ Drizzle each fillet with the olive oil.
- ☐ Combine the garlic, tomatoes, shallots, thyme and some salt and pepper in a small bowl. Top each fillet with the tomato mixture. Fold over the fillet and roll up the edges to create a seal.
- ☐ Place on a baking sheet and bake for 15 to 20 minutes.
- ☐ Serve removed from the foil with veggies on the top and any sauce drizzled over the fish.

Nutrition Facts



Properties

Glycemic Index:87.5, Glycemic Load:1.53, Inflammation Score:-9, Nutrition Score:19.768695852031%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 313.95kcal (15.7%), Fat: 17.08g (26.28%), Saturated Fat: 2.96g (18.5%), Carbohydrates: 6.06g (2.02%), Net Carbohydrates: 4.55g (1.65%), Sugar: 2.64g (2.94%), Cholesterol: 85.05mg (28.35%), Sodium: 94.04mg (4.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.33g (70.65%), Selenium: 71.68µg (102.4%), Vitamin B12: 2.69µg (44.79%), Vitamin B3: 7.09mg (35.45%), Vitamin D: 5.27µg (35.15%), Phosphorus: 318.41mg (31.84%), Potassium: 728.06mg (20.8%), Vitamin B6: 0.41mg (20.64%), Vitamin E: 3.04mg (20.26%), Vitamin C: 13.63mg

(16.52%), Vitamin K: 16.02μg (15.26%), Magnesium: 59.49mg (14.87%), Folate: 55.38μg (13.85%), Manganese: 0.27mg (13.37%), Vitamin A: 612.8IU (12.26%), Copper: 0.2mg (9.83%), Iron: 1.76mg (9.77%), Vitamin B5: 0.95mg (9.47%), Vitamin B2: 0.13mg (7.9%), Vitamin B1: 0.11mg (7.15%), Fiber: 1.51g (6.05%), Zinc: 0.79mg (5.26%), Calcium: 41.95mg (4.19%)