



Tilapia in Mushroom Sauce (Tilapia en Salsa de Champiñones)

READY IN



45 min.

SERVINGS



2

CALORIES



535 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 teaspoon ground thyme
- ☐ 2 cups milk
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.5 pound portabello mushrooms cleaned sliced

- ☐ 2 servings salt and pepper
- ☐ 12 oz tilapia fillets

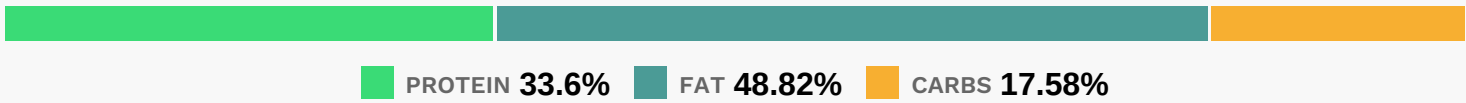
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Season both sides of tilapia fillets with salt and black pepper.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add tilapia fillets and cook 3 to 5 minutes. Meanwhile, set a saucepan over medium-high heat and add the butter. Once melted, add the mushrooms, onions, garlic and thyme to the pan and cook, stirring often, until most of the liquid has evaporated, about 5 minutes.
- ☐ Sprinkle the flour into the pan, stir to combine, and cook the roux, stirring, for 2 minutes.
- ☐ Whisk the milk into the saucepan. Season the sauce with the salt and pepper and stir to combine. Bring the sauce to a boil, reduce the heat to a simmer, and cook, stirring frequently with a wooden spoon, until sauce is thick and smooth and any floury taste is gone, about 5 minutes. Top tilapia with mushroom mixture just before serving.

Nutrition Facts



Properties

Glycemic Index:110, Glycemic Load:9.03, Inflammation Score:-8, Nutrition Score:30.664782586305%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 534.78kcal (26.74%), Fat: 29.56g (45.48%), Saturated Fat: 13.79g (86.18%), Carbohydrates: 23.96g (7.99%), Net Carbohydrates: 21.86g (7.95%), Sugar: 15.47g (17.18%), Cholesterol: 144.43mg (48.14%), Sodium: 476.6mg (20.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.77g (91.54%), Selenium: 99.83µg (142.61%), Vitamin B12: 4.09µg (68.09%), Phosphorus: 677.88mg (67.79%), Vitamin B3: 12.48mg (62.4%), Vitamin D: 8.3µg (55.31%), Potassium: 1340.19mg (38.29%), Vitamin B2: 0.64mg (37.69%), Calcium: 334.88mg (33.49%), Vitamin B6: 0.64mg (31.96%), Vitamin B5: 3.11mg (31.13%), Copper: 0.48mg (23.93%), Vitamin B1: 0.35mg (23.05%), Folate: 90.91µg (22.73%), Magnesium: 79.79mg (19.95%), Zinc: 2.29mg (15.25%), Vitamin A: 750.42IU (15.01%), Vitamin E: 2.18mg (14.51%), Manganese: 0.26mg (13.17%), Iron: 1.92mg (10.65%), Vitamin K: 10.58µg (10.07%), Fiber: 2.09g (8.38%), Vitamin C: 2.01mg (2.44%)