



Tilapia in Tamarind Sauce



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 inch ginger fresh grated
- ☐ 2 cloves garlic pressed
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 0.5 teaspoon ground turmeric
- ☐ 1 teaspoon juice of lemon to taste
- ☐ 4 servings salt to taste

- ☐ 1 teaspoon tamarind paste
- ☐ 1 pound tilapia fillets
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup water hot

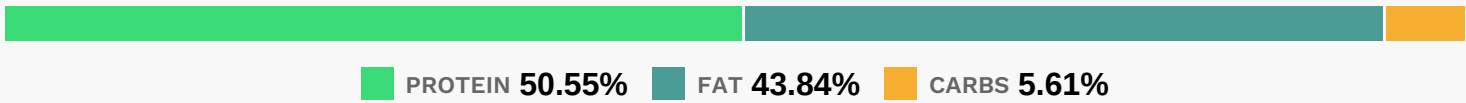
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Rinse tilapia fillets and dry with paper towels. Dissolve tamarind paste in hot water in a bowl; stir ginger, garlic, salt, black pepper, coriander, turmeric, and cumin into tamarind mixture to make a paste. Rub paste over fish and let stand 15 minutes to absorb flavors (or longer in refrigerator if desired).
- ☐ Heat vegetable oil in a large nonstick skillet over medium heat. Cook fish with tamarind paste in the hot oil until the flesh is opaque and flaky, about 4 minutes on the first side and 2 minutes on the second side.
- ☐ Drizzle with lemon juice.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:0.88, Inflammation Score:-9, Nutrition Score:11.562174107717%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 180.19kcal (9.01%), Fat: 8.9g (13.69%), Saturated Fat: 1.73g (10.81%), Carbohydrates: 2.56g (0.85%), Net Carbohydrates: 2.11g (0.77%), Sugar: 0.76g (0.84%), Cholesterol: 56.7mg (18.9%), Sodium: 255.07mg (11.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.08g (46.16%), Selenium: 47.76µg (68.23%), Vitamin B12: 1.79µg (29.86%), Vitamin D: 3.52µg (23.44%), Vitamin B3: 4.51mg (22.57%), Phosphorus: 201.18mg (20.12%), Vitamin K: 15.03µg (14.32%), Potassium: 385.02mg (11%), Vitamin B6: 0.21mg (10.62%), Magnesium: 36.28mg (9.07%), Manganese: 0.17mg (8.31%), Folate: 28.06µg (7.01%), Vitamin E: 1.04mg (6.92%), Iron: 1.08mg (5.99%), Vitamin B5: 0.57mg (5.74%), Copper: 0.11mg (5.42%), Vitamin B2: 0.08mg (4.66%), Vitamin B1: 0.06mg (4.04%), Zinc: 0.44mg (2.93%), Calcium: 22.9mg (2.29%), Fiber: 0.45g (1.81%), Vitamin C: 1.19mg (1.45%)