



Tilapia in Thai sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet tilapia
- ☐ 2 tbsp cornstarch
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 4 spring onion sliced
- ☐ 2 garlic clove crushed
- ☐ 1 small piece ginger fresh finely chopped
- ☐ 2 tbsp soya sauce
- ☐ 1 tbsp brown sugar

- ☐ 1 juice of lime chopped
- ☐ 1 to 5 chillies red deseeded sliced
- ☐ 1 handful cilantro leaves

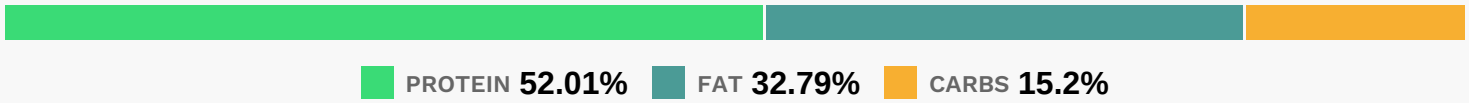
Equipment

- ☐ frying pan

Directions

- ☐ Coat the fish fillets in the cornflour, then set aside.
- ☐ Heat the oil in a large non-stick frying pan, sizzle the fillets for 2–3 mins on each side until crisp, then remove and keep warm. In the same pan, briefly fry the spring onion, garlic and ginger, then add the soy sauce, brown sugar and lime juice and simmer until slightly syrupy. Spoon the sauce over the fish, scatter with chilli, Thai basil or coriander, then serve with the lime wedges.

Nutrition Facts



Properties

Glycemic Index:84.5, Glycemic Load:1.6, Inflammation Score:-8, Nutrition Score:35.908260552779%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 542.4kcal (27.12%), Fat: 20.01g (30.78%), Saturated Fat: 3.4g (21.25%), Carbohydrates: 20.89g (6.96%), Net Carbohydrates: 19.46g (7.08%), Sugar: 8.24g (9.15%), Cholesterol: 170mg (56.67%), Sodium: 1192.73mg (51.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.41g (142.82%), Selenium: 143.3µg (204.71%), Vitamin B12: 5.37µg (89.53%), Vitamin B3: 14.48mg (72.42%), Vitamin D: 10.54µg (70.27%), Phosphorus: 630.08mg (63.01%), Vitamin K: 64.69µg (61.61%), Vitamin C: 43mg (52.12%), Vitamin E: 7.49mg (49.95%), Vitamin B6: 0.77mg (38.46%), Potassium: 1266.4mg (36.18%), Magnesium: 113.73mg (28.43%), Folate: 108.65µg (27.16%), Manganese:

0.37mg (18.68%), Vitamin B5: 1.85mg (18.49%), Copper: 0.36mg (18.02%), Iron: 3.12mg (17.34%), Vitamin B2: 0.29mg (17.06%), Vitamin B1: 0.19mg (12.76%), Vitamin A: 596.21IU (11.92%), Zinc: 1.43mg (9.51%), Calcium: 72.6mg (7.26%), Fiber: 1.43g (5.71%)