



## Tilapia Masala With Rice

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup rice rinsed
- 0.3 teaspoon cayenne pepper
- 1 tablespoon cilantro leaves fresh chopped
- 1 small clove garlic chopped
- 1 piece ginger peeled chopped
- 0.3 teaspoon ground cumin
- 4 servings kosher salt
- 1 tablespoon juice of lime fresh for serving

- 0.5 cup peas frozen
- 0.8 cup yogurt plain
- 24 ounce tilapia fillets
- 2 tablespoons butter unsalted melted

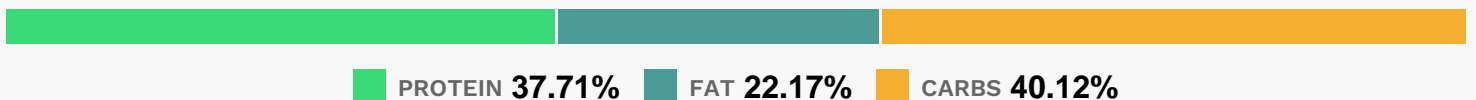
## Equipment

- food processor
- bowl
- sauce pan
- broiler
- broiler pan

## Directions

- Bring the rice, 1 1/3 cups water and 1/4 teaspoon salt to a simmer in a saucepan over medium-high heat. Reduce the heat to low, cover and cook 15 minutes.
- Remove from the heat and add the peas; cover and set aside.
- Puree 1/2 cup yogurt, the garlic, ginger, lime juice, cumin, cayenne and 3/4 teaspoon salt in a food processor.
- Transfer all but 3 tablespoons of the mixture to a large bowl. Pierce the fish a few times with a fork and season with salt; add to the bowl and toss. Marinate 15 minutes.
- Preheat the broiler.
- Place the fish on a broiler pan; top with the marinade and butter. Broil until opaque, 6 to 8 minutes.
- Mix the remaining 1/4 cup yogurt, the cilantro, and salt to taste with the yogurt mixture.
- Serve the fish and rice with the yogurt sauce and lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:67.63, Glycemic Load:23.58, Inflammation Score:-6, Nutrition Score:21.55347807511%

## Flavonoids

Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 429.51kcal (21.48%), Fat: 10.51g (16.18%), Saturated Fat: 5.66g (35.38%), Carbohydrates: 42.81g (14.27%), Net Carbohydrates: 40.97g (14.9%), Sugar: 3.34g (3.72%), Cholesterol: 106.07mg (35.36%), Sodium: 308.08mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.23g (80.47%), Selenium: 79.64µg (113.78%), Vitamin B12: 2.87µg (47.82%), Phosphorus: 410.69mg (41.07%), Vitamin B3: 7.84mg (39.19%), Vitamin D: 5.42µg (36.16%), Manganese: 0.67mg (33.35%), Vitamin B6: 0.41mg (20.72%), Potassium: 703.34mg (20.1%), Magnesium: 70.96mg (17.74%), Vitamin B5: 1.52mg (15.19%), Folate: 60.45µg (15.11%), Copper: 0.28mg (13.85%), Vitamin B2: 0.23mg (13.25%), Vitamin B1: 0.17mg (11.22%), Vitamin C: 9.01mg (10.92%), Zinc: 1.6mg (10.64%), Iron: 1.75mg (9.75%), Calcium: 96.15mg (9.61%), Vitamin A: 421.33IU (8.43%), Vitamin K: 7.96µg (7.58%), Fiber: 1.84g (7.35%), Vitamin E: 1mg (6.68%)