



Tilapia Milanese

READY IN



40 min.

SERVINGS



4

CALORIES



752 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups baby arugula
- 3 large eggs
- 1 cup flour all-purpose
- 0.3 cup parsley leaves fresh
- 4 servings kosher salt and pepper freshly ground
- 0.5 lemon zest finely grated for serving
- 1.5 cups milk
- 5 tablespoons olive oil extra-virgin
- 24 ounce tilapia fillets

- 4 tablespoons butter unsalted
- 6 slices sandwich bread white

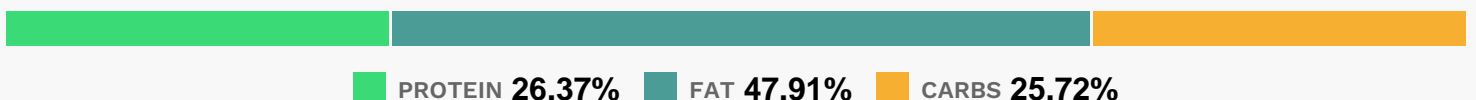
Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Preheat the oven to 425 degrees F. Soak the fish in a bowl with the milk and 2 cups ice, 15 minutes. Meanwhile, mix the flour with 1/2 teaspoon each salt and pepper in a shallow dish. Lightly beat the eggs in another dish. Pulse the bread, parsley, lemon zest and 1/2 teaspoon salt in a food processor until crumbs form, then transfer to a third dish. One at a time, remove the fillets from the milk and dredge in the flour, shaking off the excess. Dip in the eggs, then coat with the breadcrumbs, gently pressing to coat both sides.
- Transfer to a large plate. Line a baking sheet with foil.
- Heat 2 tablespoons each olive oil and butter in a large skillet over medium-high heat.
- Add 2 fillets and cook until golden, about 3 minutes per side.
- Transfer to the prepared baking sheet. Repeat with the remaining 2 fillets, adding 2 more tablespoons each olive oil and butter.
- Transfer the fish to the oven and bake until cooked through, about 8 minutes. Toss the arugula with the remaining 1 to 2 tablespoons olive oil, and salt and pepper to taste.
- Serve the fish with the salad and lemon wedges.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:69.32, Glycemic Load:32.31, Inflammation Score:-9, Nutrition Score:36.841739115508%

Flavonoids

Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.54mg, Kaempferol: 10.54mg, Kaempferol: 10.54mg, Kaempferol: 10.54mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 751.85kcal (37.59%), Fat: 40.14g (61.75%), Saturated Fat: 13.87g (86.67%), Carbohydrates: 48.47g (16.16%), Net Carbohydrates: 46.06g (16.75%), Sugar: 7.35g (8.17%), Cholesterol: 265.63mg (88.54%), Sodium: 562.6mg (24.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.71g (99.42%), Selenium: 103.89µg (148.41%), Vitamin K: 129.15µg (123%), Vitamin B12: 3.54µg (58.99%), Phosphorus: 554.18mg (55.42%), Vitamin B3: 10.56mg (52.79%), Folate: 194.63µg (48.66%), Vitamin D: 7.24µg (48.26%), Vitamin B2: 0.69mg (40.3%), Vitamin B1: 0.59mg (39.37%), Vitamin A: 1834.56IU (36.69%), Manganese: 0.62mg (30.91%), Calcium: 293.51mg (29.35%), Iron: 5.18mg (28.79%), Vitamin E: 4.24mg (28.24%), Potassium: 925.09mg (26.43%), Magnesium: 95.47mg (23.87%), Vitamin B6: 0.47mg (23.6%), Vitamin B5: 2.25mg (22.53%), Vitamin C: 12.34mg (14.96%), Zinc: 2.18mg (14.52%), Copper: 0.28mg (14.02%), Fiber: 2.41g (9.66%)