



Tilapia Piccata

READY IN



45 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 3 tablespoons butter divided
- ☐ 1 tablespoon capers drained
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 0.8 cup grape tomatoes halved
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1.5 cups orzo pasta uncooked
- ☐ 0.5 teaspoon salt divided

- ☐ 24 ounce tilapia fillets
- ☐ 0.3 cup white wine

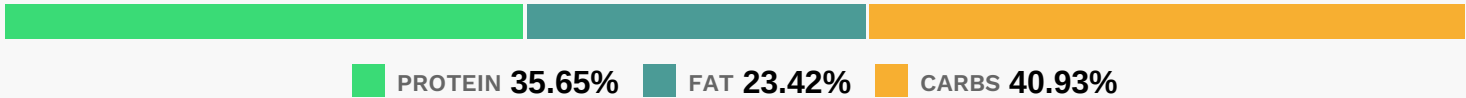
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain; stir in tomatoes, 1/4 teaspoon salt, parsley, and 1/8 teaspoon pepper. Set aside and keep warm.
- ☐ Combine remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, and flour in a large shallow dish. Dredge fish in flour mixture. Melt 1 tablespoon butter in a large nonstick skillet over medium-high heat.
- ☐ Add fish to pan; cook 1 1/2 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Remove fish from pan; keep warm.
- ☐ Add wine, juice, and capers to pan; cook 30 seconds.
- ☐ Remove from heat.
- ☐ Add remaining 2 tablespoons butter to pan; stir until butter melts.
- ☐ Serve fish with sauce and pasta.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:20.38, Inflammation Score:-8, Nutrition Score:24.238695787347%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg

0.4mg, Naringenin: 0.4mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 489.4kcal (24.47%), Fat: 12.44g (19.14%), Saturated Fat: 6.58g (41.12%), Carbohydrates: 48.92g (16.31%), Net Carbohydrates: 46.41g (16.87%), Sugar: 2.72g (3.02%), Cholesterol: 107.62mg (35.87%), Sodium: 509.48mg (22.15%), Alcohol: 1.54g (100%), Alcohol %: 0.65% (100%), Protein: 42.61g (85.21%), Selenium: 108.72µg (155.32%), Vitamin K: 55.35µg (52.72%), Vitamin B12: 2.71µg (45.09%), Phosphorus: 416.52mg (41.65%), Vitamin B3: 8.18mg (40.89%), Vitamin D: 5.27µg (35.15%), Manganese: 0.69mg (34.55%), Potassium: 755.26mg (21.58%), Magnesium: 84.82mg (21.2%), Vitamin B6: 0.4mg (19.84%), Folate: 73.19µg (18.3%), Copper: 0.33mg (16.55%), Vitamin A: 751.95IU (15.04%), Vitamin C: 12.26mg (14.86%), Iron: 2.31mg (12.81%), Vitamin B1: 0.18mg (12.13%), Vitamin B5: 1.17mg (11.68%), Vitamin B2: 0.19mg (11.03%), Zinc: 1.52mg (10.1%), Fiber: 2.52g (10.06%), Vitamin E: 1.2mg (7.99%), Calcium: 42.68mg (4.27%)