



Tilapia Piccata

READY IN



20 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon capers
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 0.3 cup juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt
- ☐ 24 oz tilapia fillets
- ☐ 3 tablespoons butter unsalted
- ☐ 0.5 cup white wine

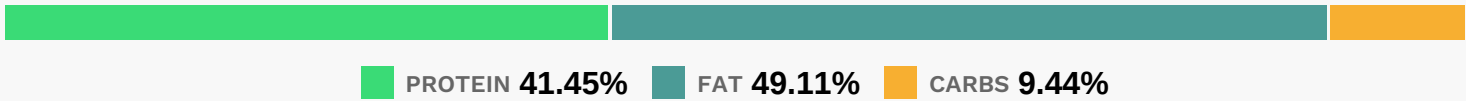
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Sprinkle fish lightly with salt and dredge in flour on both sides to coat. Warm 1 Tbsp. each oil and butter in a large skillet over medium-high heat until butter melts. Saut 2 fillets, turning once, until browned on both sides and cooked through, 3 to 4 minutes total.
- ☐ Transfer to a plate; cover with foil to keep warm. Repeat with another Tbsp. oil and butter and remaining fish.
- ☐ Pour wine and lemon juice into skillet and bring to a boil.
- ☐ Remove from heat and stir in capers, parsley and remaining 1 Tbsp. butter; keep stirring until butter melts.
- ☐ Place each fillet on a plate, pour sauce over fish and serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:4.45, Inflammation Score:-6, Nutrition Score:19.188260793686%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 358.03kcal (17.9%), Fat: 18.55g (28.55%), Saturated Fat: 7.38g (46.13%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 7.64g (2.78%), Sugar: 0.72g (0.81%), Cholesterol: 107.62mg (35.87%), Sodium: 341.84mg

(14.86%), Alcohol: 3.09g (100%), Alcohol %: 1.6% (100%), Protein: 35.23g (70.47%), Selenium: 73.93µg (105.61%), Vitamin B12: 2.71µg (45.09%), Vitamin K: 40.77µg (38.82%), Vitamin D: 5.43µg (36.2%), Vitamin B3: 7.19mg (35.95%), Phosphorus: 308.1mg (30.81%), Potassium: 573.57mg (16.39%), Folate: 62.29µg (15.57%), Vitamin B6: 0.3mg (15.18%), Magnesium: 53.44mg (13.36%), Vitamin E: 1.99mg (13.28%), Vitamin C: 8.65mg (10.48%), Vitamin B2: 0.16mg (9.46%), Vitamin B1: 0.14mg (9.26%), Vitamin B5: 0.92mg (9.16%), Iron: 1.61mg (8.94%), Vitamin A: 434.55IU (8.69%), Manganese: 0.16mg (7.94%), Copper: 0.15mg (7.74%), Zinc: 0.7mg (4.65%), Calcium: 28.07mg (2.81%), Fiber: 0.39g (1.55%)