



Tilapia Piccata with Snap Peas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons capers
- ☐ 1 optional: lemon cut into 4 wedges
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 pound potatoes – remove skin red cut into 1/2–inch pieces
- ☐ 1 teaspoon salt divided
- ☐ 12 ounces sugar snap peas
- ☐ 20 ounces tilapia
- ☐ 4 tablespoons butter unsalted cut into 4 pieces

☐ 1 cup wine divided

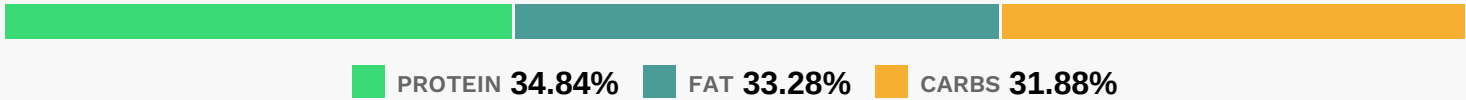
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat grill. Fold four 18-inch-long pieces of foil in half; unfold and coat inside with cooking spray. Season tilapia with 1/2 teaspoon salt; place 1 fillet in center of 1 half of each piece of foil.
- ☐ Sprinkle each fillet with 2 tablespoons lemon juice and 1 teaspoon capers. Toss snap peas with potatoes and remaining 1/2 teaspoon salt; divide evenly among packets. Dot each fillet with 1 tablespoon butter. Fold foil to close and crimp 2 sides of each packet, leaving 1 side open; pour 1/4 cup wine into each packet. Crimp third side of packets to seal; place on grill; close lid; cook until packets are fully puffed, 12 minutes. Carefully cut foil to open.
- ☐ Serve with lemon wedges.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:0.68, Inflammation Score:-9, Nutrition Score:28.607826212178%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 7.26mg, Eriodictyol: 7.26mg, Eriodictyol: 7.26mg, Eriodictyol: 7.26mg Hesperetin: 12.19mg, Hesperetin: 12.19mg, Hesperetin: 12.19mg, Hesperetin: 12.19mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 415.76kcal (20.79%), Fat: 14.27g (21.95%), Saturated Fat: 8.12g (50.76%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 25.69g (9.34%), Sugar: 6.9g (7.67%), Cholesterol: 100.97mg (33.66%), Sodium: 739.66mg (32.16%), Alcohol: 6.18g (100%), Alcohol %: 1.65% (100%), Protein: 33.6g (67.2%), Vitamin C: 86.98mg (105.43%), Selenium: 60.78µg (86.82%), Vitamin B12: 2.26µg (37.72%), Phosphorus: 376.34mg (37.63%), Vitamin B3: 7.48mg (37.42%), Potassium: 1229.69mg (35.13%), Vitamin B6: 0.63mg (31.25%), Vitamin D: 4.6µg (30.69%), Vitamin K: 28.25µg (26.9%), Vitamin A: 1292.8IU (25.86%), Manganese: 0.51mg (25.27%), Folate: 100.7µg (25.18%), Magnesium: 94.58mg (23.64%), Iron: 3.78mg (21%), Fiber: 5.05g (20.2%), Vitamin B1: 0.3mg (19.98%), Vitamin B5: 1.78mg (17.79%), Copper: 0.35mg (17.64%), Vitamin B2: 0.22mg (12.88%), Vitamin E: 1.34mg (8.92%), Calcium: 80.86mg (8.09%), Zinc: 1.2mg (7.97%)