

Tilapia Scaloppine

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup button mushrooms fresh sliced
- ☐ 2 tablespoons capers drained
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 tablespoon garlic minced
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 juice of lemon juiced
- ☐ 1 pound tilapia fillets

☐ 0.5 cup white wine

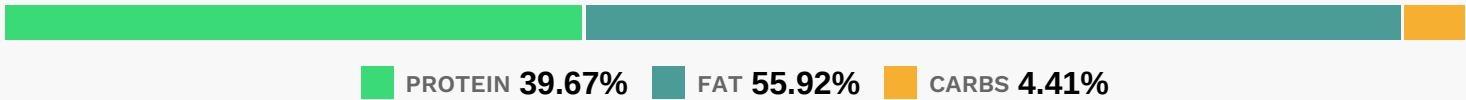
Equipment

☐ frying pan

Directions

- ☐ Heat olive oil with butter in a skillet over medium heat. Stir in the garlic.
- ☐ Place fish fillets in the skillet; sprinkle the fish with salt and pepper, and cook for 90 seconds. Turn the fish; season with salt and pepper, and cook an additional 90 seconds.
- ☐ Add the mushrooms, capers, and wine. Cover, reduce heat, and simmer until the fish flakes easily with a fork and the wine is reduced by half, 6 to 7 minutes.
- ☐ Remove the cover, pour in lemon juice, and cook for one minute.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:12.368260896724%

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: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg

Nutrients (% of daily need)

Calories: 253.97kcal (12.7%), Fat: 14.71g (22.63%), Saturated Fat: 5.25g (32.81%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 2.28g (0.83%), Sugar: 0.76g (0.84%), Cholesterol: 71.75mg (23.92%), Sodium: 217.41mg (9.45%), Alcohol: 3.09g (100%), Alcohol %: 2.14% (100%), Protein: 23.48g (46.96%), Selenium: 48.96µg (69.94%), Vitamin B12: 1.81µg (30.14%), Vitamin B3: 4.94mg (24.71%), Vitamin D: 3.54µg (23.6%), Phosphorus: 214.39mg (21.44%), Potassium: 422.35mg (12.07%), Vitamin B6: 0.24mg (12.04%), Vitamin E: 1.67mg (11.16%), Magnesium: 37.28mg

(9.32%), Folate: 32.26µg (8.07%), Vitamin B2: 0.14mg (7.98%), Vitamin B5: 0.78mg (7.77%), Copper: 0.15mg (7.39%), Vitamin K: 7.59µg (7.23%), Manganese: 0.13mg (6.65%), Iron: 0.93mg (5.18%), Vitamin C: 3.95mg (4.79%), Vitamin B1: 0.06mg (4.31%), Vitamin A: 181.63IU (3.63%), Zinc: 0.52mg (3.47%), Calcium: 22.26mg (2.23%), Fiber: 0.34g (1.35%)