



Tilapia Tomato Basil Fillets

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 teaspoons olive oil
- ☐ 1 lb tilapia
- ☐ 3 tablespoons basil fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon lemon pepper
- ☐ 14.5 oz canned tomatoes diced organic drained canned

☐ 3 tablespoons parmesan shredded grated

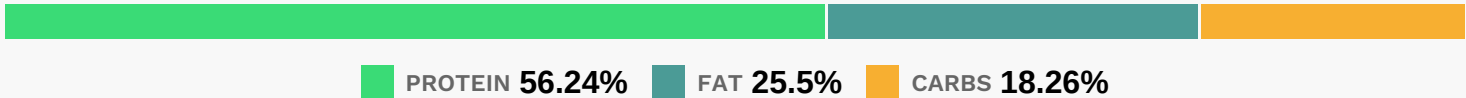
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. In shallow dish, combine lemon juice, peel and oil. Dip fillets into lemon mixture turning to coat.
- ☐ Place in baking dish.
- ☐ Sprinkle basil, salt and pepper over fillets. Spoon tomatoes over fillets.
- ☐ Sprinkle with cheese. Cover with foil.
- ☐ Bake 15 to 20 minutes or until fish flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:2.16, Inflammation Score:-5, Nutrition Score:16.437391115272%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 176.91kcal (8.85%), Fat: 5.22g (8.03%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 6.27g (2.28%), Sugar: 4.79g (5.32%), Cholesterol: 59.25mg (19.75%), Sodium: 545.64mg (23.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.9g (51.8%), Selenium: 48.89µg (69.84%), Vitamin B12: 1.84µg (30.61%), Vitamin B3: 5.72mg (28.59%), Phosphorus: 253.44mg (25.34%), Vitamin D: 3.53µg (23.56%), Potassium: 662.51mg (18.93%), Vitamin B6: 0.35mg (17.46%), Vitamin C: 13.92mg (16.87%), Copper: 0.28mg (14.2%), Vitamin K: 14.73µg (14.03%), Vitamin E: 2.06mg (13.74%), Magnesium: 54.6mg (13.65%), Manganese: 0.27mg (13.28%), Iron:

2.09mg (11.61%), Folate: 43.51µg (10.88%), Calcium: 95.88mg (9.59%), Vitamin B5: 0.87mg (8.73%), Fiber: 2.14g (8.55%), Vitamin B1: 0.13mg (8.54%), Vitamin B2: 0.14mg (8.27%), Vitamin A: 331IU (6.62%), Zinc: 0.78mg (5.17%)