



Tilapia with Balsamic Browned Butter and Creamy Farfalle with Bacon, Tomato and Peas

READY IN



60 min.

SERVINGS



4

CALORIES



1192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 0.5 cup basil leaves shredded
- 1 bay leaf
- 3 tablespoons butter
- 1 can canned tomatoes
- 1 pound farfalle pasta
- 0.5 cup flour all-purpose
- 2 to 3 garlic cloves grated

- 0.3 cup mascarpone cheese
- 3 tablespoons olive oil extra-virgin divided
- 1 medium onion chopped
- 10 ounce peas frozen
- 4 servings salt
- 4 servings salt and pepper black freshly ground
- 5 slices center cut bacon chopped
- 24 ounce tilapia fillets
- 12 mushrooms white thinly sliced

Equipment

- frying pan
- pot
- wooden spoon
- aluminum foil

Directions

- Heat a pot of water to a boil, salt the water and cook pasta to al dente.
- Heat a deep large skillet with 1 tablespoon extra-virgin olive oil over medium-high heat.
- Add bacon and crisp 3 to 4 minutes.
- Add onions, garlic, bay leaf and mushrooms, season with salt and pepper and cook until tender but not browned, 5 minutes.
- Add tomatoes, crush them up with a wooden spoon and simmer 15 minutes on low heat.
- Season the fish with salt and pepper. Dust fish with flour and shake off excess.
- Heat 2 tablespoons extra-virgin olive oil in a large skillet over medium high heat. Cook fish 4 minutes on each side.
- While fish cooks, stir peas into sauce, return to bubble and stir in mascarpone cheese. Adjust seasoning.
- Remove fish from skillet to a platter and cover loosely with foil to keep warm. Reduce heat to medium and add butter to pan. Brown butter, 2 to 3 minutes, stir in balsamic and simmer 1 to

2 minutes to reduce by half.

- Pour the brown butter and vinegar over fish.
- Drain pasta, toss with sauce and wilt basil into pasta.
- Serve fish with pasta alongside.

Nutrition Facts



Properties

Glycemic Index:122.58, Glycemic Load:50.04, Inflammation Score:-9, Nutrition Score:46.139565094658%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 1191.68kcal (59.58%), Fat: 48.8g (75.07%), Saturated Fat: 18.24g (113.98%), Carbohydrates: 123.06g (41.02%), Net Carbohydrates: 111.83g (40.67%), Sugar: 16.38g (18.2%), Cholesterol: 151.39mg (50.46%), Sodium: 810.06mg (35.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.27g (130.55%), Selenium: 165.05µg (235.79%), Manganese: 1.85mg (92.61%), Vitamin B3: 16.28mg (81.39%), Phosphorus: 763.87mg (76.39%), Copper: 1.03mg (51.64%), Vitamin C: 42.12mg (51.05%), Vitamin B1: 0.75mg (50.01%), Vitamin B12: 2.95µg (49.24%), Vitamin B6: 0.96mg (47.84%), Potassium: 1614.17mg (46.12%), Fiber: 11.22g (44.89%), Vitamin K: 45.37µg (43.21%), Magnesium: 171.58mg (42.89%), Folate: 167.14µg (41.79%), Vitamin B2: 0.69mg (40.72%), Vitamin D: 5.57µg (37.15%), Iron: 6.39mg (35.5%), Vitamin B5: 2.95mg (29.55%), Zinc: 4.38mg (29.21%), Vitamin A: 1400.05IU (28%), Vitamin E: 4.18mg (27.85%), Calcium: 141.61mg (14.16%)