



Tilapia with Balsamic Butter Sauce, Thyme Mashed Potatoes, and Sugar Snap Peas

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)
- ☐ 4.5 tablespoons butter room temperature
- ☐ 1.5 tablespoons thyme sprigs fresh minced
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons olive oil
- ☐ 2 cups sugar snap peas

- ☐ 24 ounce tilapia
- ☐ 6 tablespoons whipping cream ()
- ☐ 3 pounds yukon gold potatoes peeled quartered

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Boil potatoes until tender, about 20 minutes.
- ☐ Drain; return to pot.
- ☐ Add butter, 6 tablespoons cream, and thyme; mash. Season with salt and pepper. Do ahead
Can be made 2 hours ahead.
- ☐ Let stand at room temperature. Rewarm over medium heat, stirring often and adding more cream by tablespoonfuls if dry.
- ☐ Simmer vinegar and garlic in small saucepan over medium heat until reduced to thick syrup, about 5 minutes. Set aside.
- ☐ Cook snap peas in boiling salted water until crisp-tender, about 1 minute.
- ☐ Drain. Return to same pan; set aside.
- ☐ Heat 1 tablespoon oil in each of 2 large skillets over high heat.
- ☐ Sprinkle fish with salt and pepper. Sauté fish until golden, about 2 minutes per side.
- ☐ Rewarm balsamic syrup over medium-low heat.
- ☐ Whisk in 1/2 cup butter 1 piece at a time.
- ☐ Add remaining 1 tablespoon butter to peas; stir over medium heat until warmed. Season with salt and pepper.
- ☐ Divide potatoes, tilapia, and peas among plates; drizzle with sauce.

Nutrition Facts



 **PROTEIN 18.74%**  **FAT 52.35%**  **CARBS 28.91%**

Properties

Glycemic Index:51.46, Glycemic Load:30.05, Inflammation Score:-10, Nutrition Score:27.045651974885%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 612.25kcal (30.61%), Fat: 36.17g (55.64%), Saturated Fat: 19.96g (124.74%), Carbohydrates: 44.93g (14.98%), Net Carbohydrates: 38.84g (14.12%), Sugar: 5.12g (5.69%), Cholesterol: 136.89mg (45.63%), Sodium: 269.86mg (11.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.12g (58.25%), Vitamin C: 67.33mg (81.61%), Selenium: 49.12µg (70.18%), Vitamin B6: 0.92mg (46.17%), Potassium: 1408.53mg (40.24%), Phosphorus: 359.76mg (35.98%), Vitamin B3: 7.07mg (35.35%), Vitamin B12: 1.87µg (31.09%), Vitamin A: 1398.43IU (27.97%), Manganese: 0.52mg (26.06%), Vitamin D: 3.76µg (25.04%), Fiber: 6.09g (24.38%), Magnesium: 96.46mg (24.11%), Folate: 79.51µg (19.88%), Iron: 3.52mg (19.56%), Vitamin B1: 0.28mg (18.88%), Copper: 0.37mg (18.57%), Vitamin K: 19.42µg (18.5%), Vitamin B5: 1.55mg (15.49%), Vitamin E: 2.1mg (13.98%), Vitamin B2: 0.22mg (12.77%), Zinc: 1.23mg (8.19%), Calcium: 80.47mg (8.05%)