



HEALTH SCORE

69%

TILAPIA WITH CILANTRO PESTO (TILAPIA A LA PLANCHA CON PESTO DE CILANTRO)



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups cilantro leaves fresh
- ☐ 1 garlic clove
- ☐ 4 servings ground pepper fresh
- ☐ 5 tablespoons juice of lime
- ☐ 1 cup olive oil
- ☐ 0.3 cup parmesan cheese
- ☐ 0.3 cup pinenuts toasted

- ☐ 4 servings salt
- ☐ 4 fillet tilapia

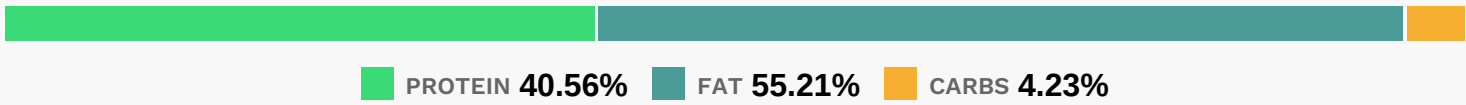
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Add the cilantro, pine nuts, garlic to a food processor. Puree, add the cheese and process. With the food processor running add the olive oil. Process until combined.DIRECTIONS (FISH)
- ☐ Place the fillets in a dish and pour the lime juice over the fish, cover and refrigerate.
- ☐ Let the fish marinate for 30 minutes.
- ☐ Add salt and pepper
- ☐ In a large skillet, heat 1 teaspoon of olive oil over medium heat and sauté the fish approximately 4 minutes on each side.
- ☐ Serve immediately with cilantro pesto on top.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:24.946086997571%

Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg

Nutrients (% of daily need)

Calories: 375.87kcal (18.79%), Fat: 23.62g (36.34%), Saturated Fat: 4.41g (27.56%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 3.21g (1.17%), Sugar: 0.9g (1%), Cholesterol: 90.67mg (30.22%), Sodium: 422.17mg (18.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.05g (78.1%), Selenium: 73.25µg (104.65%), Manganese:

1.14mg (56.75%), Vitamin K: 52.58µg (50.07%), Vitamin B12: 2.79µg (46.43%), Phosphorus: 421.21mg (42.12%), Vitamin B3: 7.32mg (36.59%), Vitamin D: 5.31µg (35.41%), Vitamin E: 3.65mg (24.31%), Magnesium: 82.79mg (20.7%), Potassium: 677.17mg (19.35%), Vitamin A: 888.1IU (17.76%), Vitamin B6: 0.33mg (16.41%), Copper: 0.31mg (15.72%), Folate: 54.56µg (13.64%), Calcium: 130.16mg (13.02%), Vitamin C: 9.19mg (11.14%), Iron: 1.96mg (10.87%), Vitamin B2: 0.18mg (10.8%), Zinc: 1.6mg (10.67%), Vitamin B5: 1mg (9.98%), Vitamin B1: 0.13mg (8.55%), Fiber: 0.87g (3.47%)