



Tilapia with Citrus Bagna Cauda

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 fillet anchovy minced
- 2 tablespoon basil leaves fresh thinly sliced
- 1.5 teaspoons garlic minced
- 1 teaspoon lemon zest
- 2 tablespoons olive oil extra-virgin
- 2 tablespoons orange juice
- 1 teaspoon orange zest
- 6 servings salt and pepper freshly ground

- 36 ounce tilapia fillets skinless
- 3 tablespoons butter unsalted

Equipment

- sauce pan
- oven
- aluminum foil

Directions

- Watch how to make this recipe.
- Cook the butter and 2 tablespoons extra-virgin olive oil in a heavy medium saucepan over low to medium heat just until the butter is melted, stirring frequently.
- Add the anchovies and stir until the anchovies dissolve, about 2 minutes.
- Add the garlic and cook just until fragrant, about 30 seconds.
- Remove from the heat. Stir in the orange juice, basil, and lemon and orange zests. Season the sauce, to taste, with salt.
- The bagna cauda sauce can be made 1 day ahead. Cool, then cover and refrigerate. Rewarm before using.
- Meanwhile, preheat oven to 200 degrees F.
- Sprinkle the fish with salt and pepper and brush both sides of the fish with remaining 2 teaspoons extra-virgin olive oil. Working in 2 batches, fry the fish until just opaque in center, about 3 minutes per side.
- Transfer fish to platter. Cover with foil and keep warm in the oven while cooking the second batch of fish.
- Drizzle the sauce over and around the fish and serve.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:16.228260773679%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 262.53kcal (13.13%), Fat: 13.39g (20.59%), Saturated Fat: 5.27g (32.95%), Carbohydrates: 1g (0.33%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.5g (0.56%), Cholesterol: 101.7mg (33.9%), Sodium: 286.12mg (12.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.88g (69.75%), Selenium: 72.26µg (103.23%), Vitamin B12: 2.72µg (45.27%), Vitamin D: 5.38µg (35.85%), Vitamin B3: 7.05mg (35.27%), Phosphorus: 298.08mg (29.81%), Potassium: 543.22mg (15.52%), Vitamin B6: 0.29mg (14.67%), Magnesium: 48.53mg (12.13%), Folate: 43.59µg (10.9%), Vitamin E: 1.54mg (10.27%), Vitamin B5: 0.87mg (8.73%), Vitamin K: 8.47µg (8.07%), Copper: 0.14mg (7.12%), Vitamin B2: 0.12mg (7.06%), Iron: 1.12mg (6.22%), Vitamin B1: 0.08mg (5.27%), Vitamin C: 4.07mg (4.93%), Vitamin A: 224.4IU (4.49%), Manganese: 0.09mg (4.33%), Zinc: 0.63mg (4.22%), Calcium: 26.92mg (2.69%)