



Tilapia with Cucumber Salad

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon honey
- 1 tablespoon rice vinegar
- 2 teaspoons ginger grated
- 0.5 teaspoon salt
- 0.5 medium cucumber thinly sliced cut in half lengthwise,
- 0.3 bell pepper diced red
- 3 spring onion thinly sliced
- 1 teaspoon cilantro leaves fresh chopped

- 2 tablespoons flour all-purpose
- 1 teaspoon lemon pepper
- 1 cup breadcrumbs plain crispy
- 1 eggs
- 24 oz fish fillet white
- 4 tablespoons vegetable oil

Equipment

- bowl
- frying pan

Directions

- In medium bowl, mix dressing ingredients. Stir in salad ingredients to coat.
- On plate, mix flour and seasoning. On second plate, place bread crumbs. In bowl, beat egg with fork. Coat fish with flour mixture. Dip into egg; coat well with bread crumbs.
- In 10-inch nonstick skillet, heat 2 tablespoons of the oil over medium-high heat.
- Add 2 fish fillets; cook 3 minutes. Carefully turn fish over. Reduce heat to medium; cook about 3 minutes longer or until fish flakes easily with fork. Repeat with remaining oil and fish.
- Serve fish topped with salad.

Nutrition Facts



Properties

Glycemic Index:83.82, Glycemic Load:4.7, Inflammation Score:-7, Nutrition Score:24.442608750385%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 446.12kcal (22.31%), Fat: 19.11g (29.4%), Saturated Fat: 3.76g (23.52%), Carbohydrates: 28.85g (9.62%), Net Carbohydrates: 26.81g (9.75%), Sugar: 6.93g (7.7%), Cholesterol: 125.97mg (41.99%), Sodium: 595.24mg (25.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.01g (80.01%), Selenium: 82.73µg (118.19%), Vitamin K: 50.92µg (48.49%), Vitamin B12: 2.88µg (48%), Vitamin B3: 8.81mg (44.04%), Phosphorus: 371.6mg (37.16%), Vitamin D: 5.49µg (36.62%), Vitamin B1: 0.38mg (25.48%), Folate: 94.76µg (23.69%), Manganese: 0.45mg (22.71%), Potassium: 674.3mg (19.27%), Vitamin B6: 0.37mg (18.64%), Vitamin B2: 0.31mg (18.11%), Magnesium: 66.83mg (16.71%), Iron: 2.93mg (16.26%), Vitamin C: 12.1mg (14.67%), Vitamin E: 2.12mg (14.1%), Vitamin B5: 1.27mg (12.66%), Copper: 0.25mg (12.38%), Calcium: 86.79mg (8.68%), Zinc: 1.24mg (8.26%), Fiber: 2.04g (8.16%), Vitamin A: 404.51IU (8.09%)