



## Tilapia with Escarole and Lemon-Pepper Oil

 Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.3 pounds endive
- 4 cloves garlic smashed
- 1 juice of lemon
- 4 servings kosher salt and pepper freshly ground
- 0.5 cup olive oil extra-virgin
- 2 sprigs oregano fresh
- 12 ounces red-skinned potatoes halved quartered
- 1.3 pounds tilapia fillets dry

## Equipment

- bowl
- frying pan
- whisk

## Directions

- Heat 1/4 cup of the olive oil in a large deep skillet with a lid over medium heat.
- Place the potatoes in the pan cut-side down.
- Add the garlic and cook until the potatoes are slightly golden and crisp, 4 to 5 minutes.
- Add the escarole, season with salt and pepper, then add about 1/3 cup water. Cover and steam until the escarole wilts, about 5 minutes.
- Season the fish with salt and pepper; place on top of the greens in the pan and sprinkle with the oregano leaves. Cover and steam until the fish is just cooked through, about 5 more minutes.
- Meanwhile, whisk the lemon juice in a bowl with the remaining 1/4 cup olive oil; season with 1 teaspoon salt and plenty of pepper.
- Carefully lift the fish off the greens and transfer to rimmed plates or bowls. Distribute the greens, potatoes and pan juices around the fish.
- Drizzle with the lemon-pepper oil.
- Photograph By Antonis Achilleos

## Nutrition Facts

 **PROTEIN 45.11%**  **FAT 26.17%**  **CARBS 28.72%**

## Properties

Glycemic Index:20, Glycemic Load:0.45, Inflammation Score:-10, Nutrition Score:32.591304198555%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg,

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 14.32mg, Kaempferol: 14.32mg, Kaempferol: 14.32mg, Kaempferol: 14.32mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## **Nutrients (% of daily need)**

Calories: 276.21kcal (13.81%), Fat: 8.29g (12.75%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 14.12g (5.13%), Sugar: 1.71g (1.9%), Cholesterol: 70.87mg (23.62%), Sodium: 314.93mg (13.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.15g (64.3%), Vitamin K: 341.41µg (325.15%), Selenium: 60.44µg (86.34%), Folate: 254.57µg (63.64%), Vitamin A: 3095.35IU (61.91%), Manganese: 0.87mg (43.46%), Vitamin B12: 2.24µg (37.33%), Potassium: 1292.59mg (36.93%), Vitamin B3: 7.15mg (35.75%), Phosphorus: 339.21mg (33.92%), Vitamin D: 4.39µg (29.29%), Fiber: 6.35g (25.4%), Vitamin C: 20.39mg (24.71%), Vitamin B6: 0.45mg (22.68%), Vitamin B5: 2.24mg (22.4%), Magnesium: 82.15mg (20.54%), Copper: 0.38mg (18.86%), Iron: 3.05mg (16.93%), Vitamin B1: 0.25mg (16.66%), Vitamin E: 2.17mg (14.49%), Vitamin B2: 0.23mg (13.63%), Zinc: 1.93mg (12.89%), Calcium: 118.41mg (11.84%)