



Tilapia with Grilled Tomatillo Salsa & Serrano Mayo

 Gluten Free  Dairy Free

READY IN



27 min.

SERVINGS



8

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cloves garlic unpeeled
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 2 Tbsp olive oil
- 1 small onion
- 0.5 cup mayo reduced fat mayonnaise light kraft
- 2 small serrano chiles
- 2 lb tilapia fillets

1 lb tomatillos cut in half

Equipment

bowl

grill

skewers

Directions

Heat grill to medium heat.

Thread tomatillos, onions, chiles and garlic onto skewers; brush with dressing. Grill 10 to 12 min. or until vegetables are tender, turning after 6 min. Meanwhile, brush fish with oil.

Add to grill; cook 3 min. on each side or until fish flakes easily with fork.

Remove ingredients from skewers. Peel garlic; chop finely.

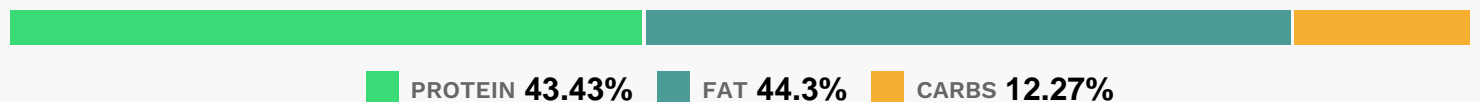
Mix 1/3 of the garlic with mayo in small bowl.

Remove stems from chiles; finely chop chiles. Stir half the chiles into mayo mixture; set aside. Chop tomatillos and onions; place in separate small bowl.

Add remaining garlic and chiles; mix well.

Serve fish topped with tomatillo and mayo mixtures.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:13.551739241766%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 213.99kcal (10.7%), Fat: 10.68g (16.43%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 5.36g (1.95%), Sugar: 3.96g (4.4%), Cholesterol: 58.94mg (19.65%), Sodium: 248.93mg (10.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.57g (47.13%), Selenium: 48.35µg (69.07%), Vitamin B12: 1.79µg (29.86%), Vitamin B3: 5.52mg (27.62%), Vitamin D: 3.52µg (23.44%), Phosphorus: 222.38mg (22.24%), Vitamin K: 21.28µg (20.26%), Potassium: 525.32mg (15.01%), Vitamin B6: 0.25mg (12.39%), Vitamin E: 1.65mg (11.02%), Magnesium: 44mg (11%), Vitamin C: 8.22mg (9.96%), Folate: 33.77µg (8.44%), Manganese: 0.16mg (7.93%), Copper: 0.14mg (7.07%), Vitamin B5: 0.66mg (6.64%), Iron: 1.09mg (6.05%), Vitamin B2: 0.1mg (5.63%), Vitamin B1: 0.08mg (5.36%), Fiber: 1.3g (5.19%), Zinc: 0.54mg (3.61%), Calcium: 20.67mg (2.07%), Vitamin A: 91.38IU (1.83%)