



Tilapia with Miso Mushroom Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown rice vinegar
- ☐ 8 servings ground pepper to taste
- ☐ 0.3 cup miso paste dark
- ☐ 3 cups shitaki mushrooms caps very thin sliced
- ☐ 0.3 cup sake dry white
- ☐ 8 scallions very thin sliced
- ☐ 3 tablespoons sesame oil toasted
- ☐ 8 fillet tilapia dried with paper towels

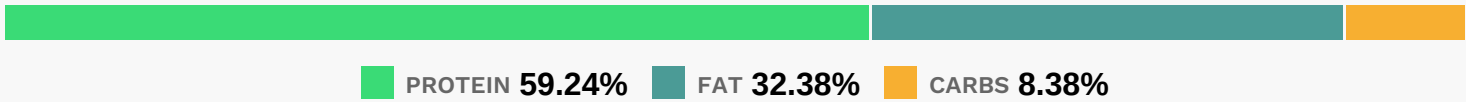
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 450*f.
- ☐ Place fillets in a baking pan just large enough to fit in one layer. In a little bowl, combine the miso paste, sesame oil, rice vinegar, sake and ground pepper, and spread on top of the fillets. Scatter the scallions and shitaki mushrooms on top of the fillets.
- ☐ Bake for fifteen minutes.
- ☐ Serve hot, with cooking juices on top of each serving.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:1.88, Inflammation Score:-5, Nutrition Score:19.721304416656%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 251.18kcal (12.56%), Fat: 8.98g (13.81%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 3.91g (1.42%), Sugar: 1.78g (1.97%), Cholesterol: 85mg (28.33%), Sodium: 519.99mg (22.61%), Alcohol: 0.77g (100%), Alcohol %: 0.4% (100%), Protein: 36.95g (73.9%), Selenium: 75.31µg (107.59%), Vitamin B12: 2.71µg (45.16%), Vitamin B3: 8.11mg (40.55%), Vitamin D: 5.34µg (35.61%), Phosphorus: 344.29mg (34.43%), Vitamin K: 31.49µg (29.99%), Potassium: 691.8mg (19.77%), Vitamin B6: 0.35mg (17.35%), Vitamin B2: 0.29mg (17.02%), Copper: 0.3mg (15.1%), Magnesium: 58mg (14.5%), Folate: 56.87µg (14.22%), Vitamin B5: 1.42mg (14.19%), Manganese: 0.22mg (11.06%), Iron: 1.63mg (9.03%), Vitamin B1: 0.12mg (7.81%), Zinc: 1.1mg (7.33%), Vitamin E:

0.83mg (5.5%), Fiber: 1.32g (5.26%), Vitamin C: 3.01mg (3.65%), Calcium: 34.61mg (3.46%), Vitamin A: 130.16IU (2.6%)