



# Tilapia with Olives, Mushrooms, and Tomatoes



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 small onion sliced lengthwise
- ☐ 1 teaspoon garlic minced
- ☐ 14 ounce canned tomatoes crushed undrained canned
- ☐ 1 cup button mushrooms sliced
- ☐ 0.8 cup pimento-stuffed olives green coarsely chopped
- ☐ 1 Tbsp oregano or dried fresh crushed chopped
- ☐ 0.3 teaspoon salt

- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 24 ounces tilapia fillets

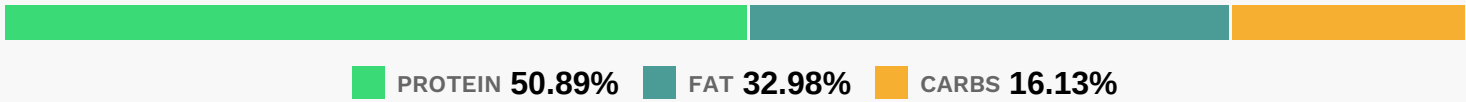
## Equipment

- ☐ frying pan
- ☐ spatula

## Directions

- ☐ Heat olive oil in a large skillet over medium heat.
- ☐ Add the sliced onions and cook until translucent, about 5 minutes.
- ☐ Add the garlic and cook a minute more.
- ☐ Add the canned tomatoes and their juices.
- ☐ Add the sliced mushrooms, chopped olives, oregano, salt and pepper. Bring to a simmer.
- ☐ Add the fish:
- ☐ Lay the fish fillets gently on top of the onion tomato olive mixture and spread a little sauce over the fish.
- ☐ Return to a simmer (it's just the juices from the tomatoes that are simmering). Lower the heat to low and cover the pan.
- ☐ Cook or 8 to 10 minutes or until the fish easily flakes when tested with a fork.
- ☐ Serve: Use a wide spatula to lift the fillets from the pan to a serving plate. Spoon sauce over fish.
- ☐ Serve with rice, and/or crusty bread.

## Nutrition Facts



## Properties

Glycemic Index:41, Glycemic Load:2.66, Inflammation Score:-9, Nutrition Score:23.445217671602%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 279.55kcal (13.98%), Fat: 10.7g (16.46%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 7.95g (2.89%), Sugar: 5.78g (6.42%), Cholesterol: 85.05mg (28.35%), Sodium: 762.07mg (33.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.14g (74.29%), Selenium: 74.41µg (106.3%), Vitamin B12: 2.7µg (44.95%), Vitamin B3: 8.86mg (44.31%), Vitamin D: 5.32µg (35.47%), Phosphorus: 350.74mg (35.07%), Potassium: 936.57mg (26.76%), Vitamin B6: 0.5mg (25.04%), Vitamin E: 3.62mg (24.16%), Copper: 0.43mg (21.69%), Magnesium: 76.14mg (19.03%), Manganese: 0.36mg (18.08%), Vitamin K: 18.06µg (17.2%), Iron: 3.02mg (16.79%), Folate: 64.88µg (16.22%), Vitamin B2: 0.27mg (15.84%), Fiber: 3.82g (15.28%), Vitamin B5: 1.51mg (15.08%), Vitamin C: 11.19mg (13.56%), Vitamin B1: 0.18mg (12.05%), Calcium: 90.38mg (9.04%), Zinc: 1.04mg (6.92%), Vitamin A: 334.83IU (6.7%)