



# Tilapia with Purple Potato Crust and Chive Rosemary Oil

 Gluten Free  Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 0.3 cup chives fresh minced
- 1 tablespoon rosemary leaves fresh minced
- 0.5 cup olive oil extra-virgin
- 2 tablespoons olive oil
- 8 ounces purple potatoes peeled very thinly sliced

- 0.5 teaspoon salt
- 16 ounce tilapia fillets

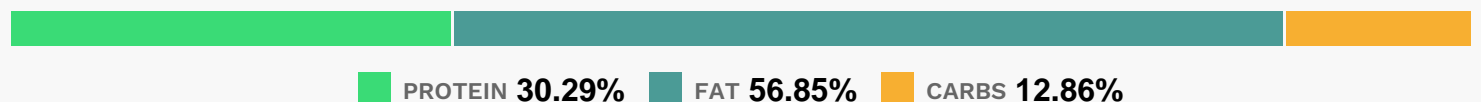
## Equipment

- bowl
- frying pan
- oven

## Directions

- Preheat the oven to 375 degrees F.
- Place the fish fillets on a work surface and season with salt and pepper. Top each of the fillets with enough slices of potato to completely cover the surface of the fish, overlaying the potatoes like shingles.
- Sprinkle the potatoes with a bit more salt and pepper, and the 1 tablespoon rosemary leaves.
- Heat a large, oven-proof skillet over medium-high heat.
- Add the olive oil and the butter. When the butter is melted and the oil is hot add the fish, potato side down.
- Place the skillet in the oven and bake until the fish is cooked through, about 15 to 17 minutes.
- Meanwhile, combine the extra-virgin olive oil, chives, the remaining 1 tablespoon rosemary, salt and pepper in a small bowl.
- To serve, place the fish on serving plates, potato side up.
- Drizzle the fish and the plate with the chive oil.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:52.69, Glycemic Load:7.3, Inflammation Score:-5, Nutrition Score:14.636956608814%

## Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

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

Calories: 314.3kcal (15.71%), Fat: 20.1g (30.94%), Saturated Fat: 6.01g (37.55%), Carbohydrates: 10.24g (3.41%), Net Carbohydrates: 8.81g (3.2%), Sugar: 0.51g (0.57%), Cholesterol: 71.75mg (23.92%), Sodium: 398.57mg (17.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.1g (48.23%), Selenium: 47.68µg (68.11%), Vitamin B12: 1.8µg (30.06%), Vitamin B3: 5.05mg (25.27%), Vitamin D: 3.52µg (23.44%), Phosphorus: 229.24mg (22.92%), Vitamin B6: 0.36mg (17.89%), Potassium: 597.9mg (17.08%), Vitamin K: 17.92µg (17.07%), Vitamin E: 2.42mg (16.1%), Vitamin C: 13.22mg (16.02%), Magnesium: 45.87mg (11.47%), Folate: 40.56µg (10.14%), Manganese: 0.16mg (8.13%), Copper: 0.15mg (7.75%), Vitamin B5: 0.74mg (7.44%), Iron: 1.25mg (6.94%), Vitamin A: 336.47IU (6.73%), Vitamin B1: 0.1mg (6.34%), Fiber: 1.43g (5.73%), Vitamin B2: 0.1mg (5.69%), Zinc: 0.57mg (3.8%), Calcium: 25.33mg (2.53%)