



Tilapia with Quinoa & Black Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup black beans canned rinsed ()
- ☐ 0.3 cup green onions sliced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil divided
- ☐ 1 teaspoon paprika
- ☐ 1 cup quinoa
- ☐ 4 fillet tilapia (1 lb. total)

- ☐ 1 cup tomatoes chopped
- ☐ 1 cup zucchini sliced

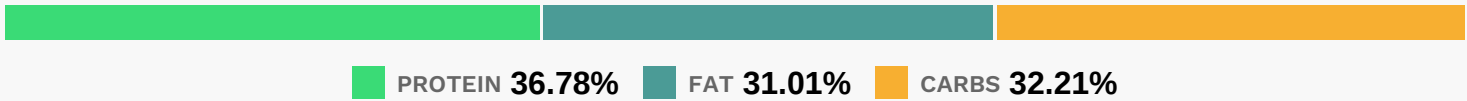
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook quinoa as package directs. Meanwhile, in a saucepan over medium heat, cook beans and vegetables with 1 tbsp. oil, the lemon juice, and paprika until warm, about 5 minutes. Season vegetable mixture and fish with salt and pepper.
- ☐ In a frying pan over medium-high heat, cook fish in remaining 2 tbsp. oil until browned, 5 minutes.
- ☐ Serve fish over quinoa with vegetable mixture and onions.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.63, Inflammation Score:-8, Nutrition Score:31.254348070725%

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: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 469.5kcal (23.48%), Fat: 16.37g (25.18%), Saturated Fat: 2.83g (17.69%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 31.13g (11.32%), Sugar: 2.19g (2.43%), Cholesterol: 85mg (28.33%), Sodium: 261.97mg (11.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.69g (87.39%), Selenium: 75.39µg (107.7%), Manganese: 1.16mg (57.97%), Phosphorus: 555.8mg (55.58%), Vitamin B12: 2.69µg (44.77%), Folate: 165.35µg (41.34%), Vitamin B3: 8.01mg (40.05%), Magnesium: 157.53mg (39.38%), Vitamin D: 5.27µg (35.13%), Potassium: 1097.87mg (31.37%),

Vitamin B6: 0.61mg (30.29%), Vitamin K: 30.79µg (29.33%), Fiber: 7.14g (28.55%), Copper: 0.51mg (25.61%), Vitamin E: 3.67mg (24.47%), Iron: 4.23mg (23.5%), Vitamin B1: 0.32mg (21.25%), Vitamin B2: 0.34mg (20.25%), Vitamin C: 16.29mg (19.74%), Zinc: 2.33mg (15.55%), Vitamin A: 710.31IU (14.21%), Vitamin B5: 1.36mg (13.62%), Calcium: 68.85mg (6.89%)