



WHATSheATE



HEALTH SCORE

61%

Tilapia with Toasted Almonds and Green Olives



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup blanched almonds and whole roughly chopped
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 pound green beans ends trimmed
- ☐ 0.5 cup olive green pitted thinly sliced
- ☐ 4 servings pepper black freshly ground
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 5 tablespoons olive oil extra virgin extra-virgin divided

- ☐ 1 tablespoon sherry vinegar
- ☐ 24 ounce tilapia

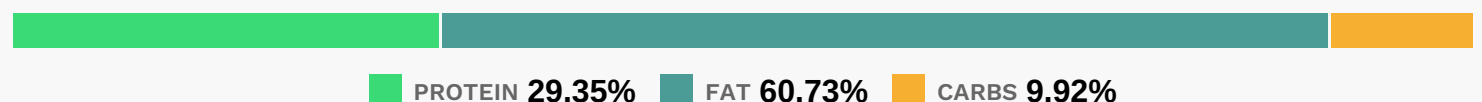
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Bring a large pot of water to a boil. Meanwhile, toast almonds in a large 12-inch stainless steel skillet over medium heat until light brown.
- ☐ Transfer to a medium bowl and stir in sliced olives. Set aside.
- ☐ Whisk together Sherry vinegar, lemon juice, Dijon mustard, and 3 tablespoons olive oil in a medium bowl. Season to taste with salt and pepper.
- ☐ Wipe out skillet.
- ☐ Heat remaining 2 tablespoons olive oil in skillet over medium-high heat until shimmering. Season fillets with salt and pepper and then add as many to the skillet as will fit in one layer. Cook until golden brown on the bottom, about 4 minutes. Flip and brown on the other side, another 4 minutes. Repeat if necessary with remaining fillets.
- ☐ Add green beans to boiling water and cook until bright green and tender, but still slightly crunchy, 3 to 4 minutes.
- ☐ Drain green beans in a colander and then toss with 2 tablespoons of the vinaigrette. Taste, and add more of the vinaigrette if necessary.
- ☐ Serve fish with green beans.
- ☐ Sprinkle almond and olive mixture on top, and drizzle with a little extra of the vinaigrette.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:2.24, Inflammation Score:-8, Nutrition Score:32.886087210282%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 563.61kcal (28.18%), Fat: 39.66g (61.02%), Saturated Fat: 5.05g (31.55%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 7.81g (2.84%), Sugar: 5.28g (5.86%), Cholesterol: 85.05mg (28.35%), Sodium: 372mg (16.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.13g (86.27%), Selenium: 73.15µg (104.5%), Vitamin E: 11.74mg (78.23%), Vitamin K: 62.09µg (59.13%), Phosphorus: 484.48mg (48.45%), Manganese: 0.9mg (44.93%), Vitamin B12: 2.69µg (44.79%), Vitamin B3: 8.61mg (43.05%), Magnesium: 160.58mg (40.14%), Vitamin D: 5.27µg (35.15%), Potassium: 971.18mg (27.75%), Copper: 0.55mg (27.47%), Fiber: 6.77g (27.07%), Vitamin B2: 0.45mg (26.43%), Vitamin B6: 0.48mg (23.9%), Folate: 94.37µg (23.59%), Iron: 3.36mg (18.69%), Vitamin C: 14.34mg (17.38%), Vitamin A: 852.02IU (17.04%), Vitamin B1: 0.23mg (15.17%), Calcium: 142.8mg (14.28%), Vitamin B5: 1.19mg (11.9%), Zinc: 1.78mg (11.84%)