



 **69%**
HEALTH SCORE

Tilapia with Tomatoes and Olives



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup olives black pitted chopped
- ☐ 28 oz canned tomatoes diced canned
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 3 tablespoons olive oil
- ☐ 4 servings salt
- ☐ 24 oz tilapia fillets

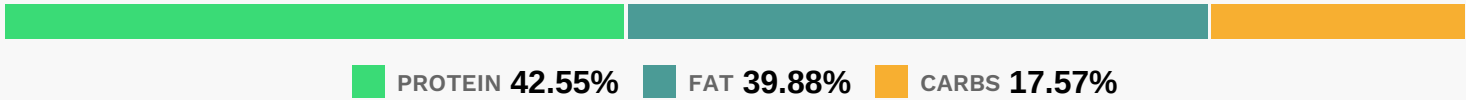
Equipment

- ☐ sauce pan

Directions

- ☐ Warm 1 Tbsp. oil in a large saucepan over medium-high heat.
- ☐ Add garlic and cook, stirring, until fragrant, about 30 seconds. Stir in tomatoes, thyme and 1/2 tsp. salt. Bring to a simmer, reduce heat to medium-low and cook until slightly thickened, about 10 minutes. Stir in olives.
- ☐ Sprinkle tilapia with salt and place on top of tomato sauce. Cover and cook until fish is opaque throughout, 8 to 10 minutes.
- ☐ Drizzle with remaining 2 Tbsp. olive oil, sprinkle with parsley, and serve.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:4.22, Inflammation Score:-7, Nutrition Score:27.506521971329%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 339.06kcal (16.95%), Fat: 15.7g (24.15%), Saturated Fat: 2.76g (17.23%), Carbohydrates: 15.56g (5.19%), Net Carbohydrates: 11.3g (4.11%), Sugar: 8.83g (9.81%), Cholesterol: 85.05mg (28.35%), Sodium: 721.31mg (31.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.69g (75.37%), Selenium: 72.61µg (103.73%), Vitamin K: 53.27µg (50.74%), Vitamin B3: 9.13mg (45.65%), Vitamin B12: 2.69µg (44.79%), Phosphorus: 356.7mg (35.67%), Vitamin D: 5.27µg (35.15%), Vitamin E: 5.12mg (34.15%), Potassium: 1117.62mg (31.93%), Vitamin B6: 0.6mg (29.87%), Vitamin C: 21.42mg (25.96%), Copper: 0.51mg (25.62%), Manganese: 0.46mg (22.99%), Magnesium: 88.37mg (22.09%), Iron: 3.87mg (21.53%), Folate: 70.22µg (17.55%), Fiber: 4.26g (17.05%), Vitamin B1: 0.23mg (15.07%), Vitamin B5: 1.4mg (14%), Vitamin A: 641.86IU (12.84%), Vitamin B2: 0.22mg (12.65%), Calcium: 97.21mg (9.72%), Zinc: 1.14mg (7.63%)