



Tilapia with Warm Olive Salsa



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



12 min.

SERVINGS



4

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 lemon wedges
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1.5 teaspoons oregano fresh divided chopped
- ☐ 12 small pimiento-stuffed olives chopped
- ☐ 0.3 pound plum tomatoes chopped
- ☐ 0.3 teaspoon salt

☐ 24 ounce tilapia fillets dry rinsed

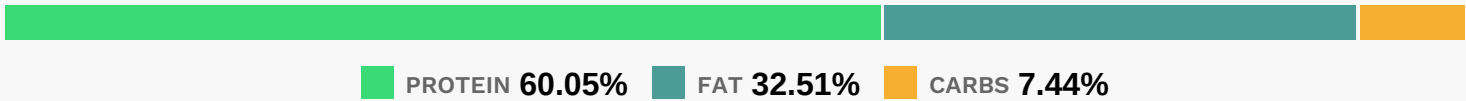
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add tomato; cook 1 minute or until thoroughly heated.
- ☐ Combine cooked tomato, olives, parsley, and 3/4 teaspoon oregano in a small bowl; keep warm.
- ☐ Wipe pan dry with a paper towel; return pan to medium-high heat. Recoat pan with cooking spray.
- ☐ Sprinkle fillets evenly with 3/4 teaspoon oregano, salt, and pepper.
- ☐ Add fillets to pan; cook 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Squeeze 1 lemon wedge over each fillet; drizzle each evenly with oil. Top evenly with olive salsa.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:0.73, Inflammation Score:-8, Nutrition Score:20.118261109228%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 226.68kcal (11.33%), Fat: 8.41g (12.94%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 4.33g (1.44%), Net Carbohydrates: 2.56g (0.93%), Sugar: 1.56g (1.73%), Cholesterol: 85.05mg (28.35%), Sodium: 424.65mg (18.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.95g (69.9%), Selenium: 71.32µg (101.89%), Vitamin B12: 2.69µg (44.79%), Vitamin K: 45.31µg (43.15%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.97mg (34.86%), Phosphorus: 304.06mg (30.41%), Vitamin C: 17.4mg (21.09%), Potassium: 655.41mg (18.73%), Vitamin B6: 0.33mg (16.7%), Magnesium: 56.09mg (14.02%), Vitamin E: 2.03mg (13.51%), Folate: 53.67µg (13.42%), Vitamin A: 547.91IU (10.96%), Iron: 1.65mg (9.19%), Vitamin B5: 0.92mg (9.16%), Copper: 0.18mg (9.02%), Manganese: 0.17mg (8.42%), Vitamin B2: 0.12mg (7.35%), Fiber: 1.77g (7.08%), Vitamin B1: 0.1mg (6.44%), Calcium: 47.13mg (4.71%), Zinc: 0.68mg (4.56%)