



WHATSHEATE



HEALTH SCORE

72%

Tuscan Style Tilapia and Cannellini Beans



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ginger tea bags reynolds®
- ☐ 1 tablespoon flour
- ☐ 1 tablespoon seasoning italian divided
- ☐ 2 teaspoons lemon zest
- ☐ 0.5 teaspoon salt
- ☐ 1 pint grape tomatoes
- ☐ 15.5 oz cannellini beans drained canned
- ☐ 2 cloves garlic sliced

- ☐ 0.3 cup wine dry white
- ☐ 16 oz tilapia
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon juice of lemon fresh

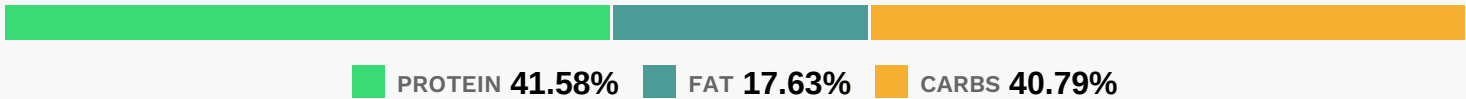
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place Reynolds® Oven Bag in 13x9x2-inch pan.
- ☐ Add flour, 2 teaspoons Italian seasoning, lemon zest and 1/2 teaspoon salt to bag; gently squeeze bag to blend seasonings.
- ☐ Add tomatoes to oven bag; gently squeeze bag to crush tomatoes.
- ☐ Add beans, garlic and wine to bag. Turn bag several times to mix ingredients. Arrange ingredients in even layer in bag.
- ☐ Roll down open end of bag three times to hold it open.
- ☐ Brush tilapia with olive oil and lemon juice.
- ☐ Sprinkle fish with remaining Italian seasoning; season with salt and pepper, if desired.
- ☐ Place fish in even layer on bean mixture in bag. Unroll bag.
- ☐ Close oven bag with nylon tie.
- ☐ Cut six 1/2-inch slits in top. Tuck ends of bag in pan.
- ☐ Bake 15 minutes or until fish flakes and beans are hot. Carefully cut top of bag open. Spoon sauce over fish; garnish with lemon slices, if desired.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:8.06, Inflammation Score:-8, Nutrition Score:24.401304162067%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 316.4kcal (15.82%), Fat: 6.07g (9.35%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 31.62g (10.54%), Net Carbohydrates: 24.2g (8.8%), Sugar: 3.83g (4.25%), Cholesterol: 56.7mg (18.9%), Sodium: 362.83mg (15.78%), Alcohol: 2.06g (100%), Alcohol %: 0.69% (100%), Protein: 32.23g (64.46%), Selenium: 50.09µg (71.56%), Manganese: 0.87mg (43.37%), Potassium: 1165.09mg (33.29%), Phosphorus: 331.32mg (33.13%), Folate: 123.88µg (30.97%), Vitamin B12: 1.79µg (29.86%), Fiber: 7.42g (29.69%), Vitamin B3: 5.46mg (27.3%), Iron: 4.9mg (27.21%), Magnesium: 106.2mg (26.55%), Vitamin C: 19.44mg (23.57%), Vitamin D: 3.52µg (23.44%), Vitamin K: 24.1µg (22.96%), Copper: 0.43mg (21.37%), Vitamin B6: 0.41mg (20.33%), Vitamin A: 1007.51IU (20.15%), Vitamin E: 2.7mg (18.02%), Vitamin B1: 0.22mg (14.54%), Calcium: 129.9mg (12.99%), Zinc: 1.9mg (12.66%), Vitamin B2: 0.16mg (9.2%), Vitamin B5: 0.91mg (9.07%)