



Veracruz-Style Tilapia (

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 anaheim chile stemmed seeded cut into thin strips
- 1 bay leaf
- 1.5 cups tomatoes with juice canned crushed
- 0.3 cup capers drained
- 4 garlic cloves minced
- 0.5 cup olives green pitted halved
- 3 tablespoons olive oil divided
- 1 small onion chopped

- 1 teaspoon oregano dried
- 4 servings salt and pepper black freshly ground
- 24 ounce tilapia fillets white

Equipment

- frying pan
- oven
- baking pan
- glass baking pan

Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- In a medium saute pan, heat 1 tablespoon of the olive oil over medium-high heat. Season the fish fillets on both sides with salt and black pepper, to taste.
- Saute the fillets until they are opaque and just cooked through, about 2 minutes per side.
- Transfer the fish to a glass baking dish where they fit snugly.
- In the same saute pan, heat the remaining 2 tablespoons of olive oil over medium-high heat.
- Add the onion and garlic and cook until the onion is translucent, about 5 minutes.
- Add the tomatoes, Anaheim chile, bay leaf and oregano and bring the pan to a boil. Reduce the heat to medium, cover and let the sauce simmer until the chiles soften, about 6 minutes. Uncover the pan, add the olives and capers, and cook until the flavors combine, about 4 minutes. Season the sauce with salt and pepper, to taste.
- Pour the sauce over the fish in the baking dish.
- Bake until the fish is heated through, about 5 minutes.
- Remove the dish from the oven, discard the bay leaf and serve.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.66, Inflammation Score:-8, Nutrition Score:17.997391560803%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 14.49mg, Kaempferol: 14.49mg, Kaempferol: 14.49mg, Kaempferol: 14.49mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 22.48mg, Quercetin: 22.48mg, Quercetin: 22.48mg, Quercetin: 22.48mg

Nutrients (% of daily need)

Calories: 300kcal (15%), Fat: 16.13g (24.81%), Saturated Fat: 2.83g (17.7%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 3.2g (1.16%), Sugar: 1.4g (1.55%), Cholesterol: 85.05mg (28.35%), Sodium: 702.75mg (30.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.03g (70.06%), Selenium: 71.93µg (102.75%), Vitamin B12: 2.69µg (44.79%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.82mg (34.08%), Phosphorus: 301.53mg (30.15%), Vitamin E: 3.03mg (20.2%), Vitamin B6: 0.35mg (17.37%), Potassium: 570.6mg (16.3%), Vitamin K: 15.02µg (14.31%), Magnesium: 55.44mg (13.86%), Folate: 48.51µg (12.13%), Copper: 0.21mg (10.46%), Manganese: 0.18mg (9.2%), Vitamin B5: 0.88mg (8.81%), Iron: 1.57mg (8.72%), Vitamin B2: 0.13mg (7.91%), Fiber: 1.97g (7.9%), Vitamin B1: 0.09mg (6.02%), Vitamin C: 4.4mg (5.34%), Calcium: 48.36mg (4.84%), Zinc: 0.68mg (4.55%), Vitamin A: 92.63IU (1.85%)