

Mango-licious Tilapia

Yield: 25
Serving Size: 1
Portion Size: 1 tilapia fillet with salsa
Recipe View: Public
Recipe ID: 515
Status: Approved
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Tags: > Entrée > Dairy-Free > Good Source of Fiber > Good Source of Iron > Good Source of Potassium > Good Source of Vitamin C

Ingredients

- >> 6 3/4 lb(s) tilapia fillets - raw (each fillet weighs approximately 4-6 oz)
- >> 6 avocados, peeled, pitted and diced
- >> 1 jalapeno pepper, seeded and chopped
- >> 6 mangos, peeled, pitted and diced
- >> 2 lb(s) red onions, chopped
- >> 3 lb(s) tomatoes, fresh, seeded and chopped
- >> 6 limes, zested and juiced
- >> 2 cup(s) orange juice
- >> 3 tbsp(s) orange zest
- >> 1/4 cup(s) vegetable oil
- >> 1 1/2 cup(s) cilantro, fresh, chopped
- >> 1 tsp(s) ginger root, fresh, minced
- >> 1 tsp(s) crushed red pepper

Nutrition Facts

Serving Size 1 (1 tilapia fillet with salsa)				
Amount Per Serving				
Calories 248		Calories from Fat 90		
% Daily Value *				
Total Fat 10g		15%		
Saturated Fat 2g		9%		
Trans Fat 0g		0%		
Cholesterol 48mg		16%		
Sodium 58mg		2%		
Carbohydrate 19g		6%		
Dietary Fiber 5g		18%		
Sugar 12g				
Protein 24g		49%		
Vitamin A	24%	•	Calcium	4%
Vitamin C	77%	•	Iron	7%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

- >> 1. Preheat oven to 375°F.
- >> 2. In a shallow baking dish, combine the vegetable oil, orange juice, orange zest and crushed red pepper.
- >> 3. Place the tilapia onto the baking dish and turn to coat with orange mixture.
- >> 4. Bake for 10-12 minutes or until tilapia flakes easily with a fork.
- >> 5. While fish cooks, combine the mango, red onion, avocado, tomatoes, limes, jalapeno, ginger root and cilantro.
- >> 6. Set aside until fish has finished cooking (internal temperature reaches a safe minimum of 145°F).
- >> 7. Place tilapia fillets on a platter and spoon the salsa over them to serve.

Requirements

- >> The NYC Food Standards require that canned/frozen seafood contain <=290 mg sodium per serving.