

Italian Baked Tilapia

Yield: 7 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-tilapia-recipe>

Ingredients:

- 10 ounces tilapia should yield 7 oz cooked, 1 Lean
- 2 tablespoons basil Ken's Steakhouse Lite Northern Italian with, and Romano, 1 Healthy Fat
- 1/8 teaspoon pepper 1/4 Condiment
- 1/4 teaspoon garlic powder 1/2 Condiment
- 1 tablespoon Parmesan cheese grated, 1 Condiment
- 1/2 cup diced tomatoes Italian, canned - must be less than 5 g of carbs per 1/2 cup, 1 Green
- 1/4 cup green pepper chopped, 1/2 Green

Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 20 milligrams
4. Fat: 1 grams
5. Protein: 9 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 35 milligrams
8. Sugar: 1 grams

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