

Broiled Tilapia Parmesan

submitted by SeanMcKee



Per serving: 197 Calories • 1.9g Carbs (0.1g Fiber) • 10.2g Fat • 24.7g Protein

Ingredients

Ingredients scaled to: 4 piece

- 2 tbsp **Butter** (28.4 grams)
- 1 tbsp **Mayonnaise-like dressing** (14.7 grams)
- 3/8 tsp **Onion powder** (0.86 grams)
- 1/8 tsp, ground **Basil** (0.17 grams)
- 1/8 tsp **Pepper** (0.26 grams)
- 1/8 tsp **Celery Salt** (1 grams)
- 1 tbsp **Lemon juice** (15 grams)
- 1/4 cup **Parmesan cheese** (25 grams)
- 16 oz **Tilapia** (454 grams)

Directions

Directions are based on the original recipe of 4 piece

1. Preheat your oven's broiler. Grease a broiling pan or line pan with aluminum foil. In a small bowl, mix together the Parmesan cheese, butter, mayonnaise and lemon juice. Season with dried basil, pepper, onion powder and celery salt. Mix well and set aside. Arrange fillets in a single layer on the prepared pan. Broil a few inches from the heat for 2 to 3 minutes. Flip the fillets over and broil for a couple more minutes. Remove the fillets from the oven and cover them with the Parmesan cheese mixture on the top side. Broil for 2 more minutes or until the topping is browned and fish flakes easily with a fork. Be careful not to over cook the fish.