

# No Carb Adobo Parmesan Crusted Tilapia

.25 net carbs per serving for 4 servings.



LowCarbeDiem.com

Create Adobo spice: Mix equal amounts of onion powder, garlic powder, turmeric, oregano, cumin, sea salt and black pepper.

Preheat an oven safe skillet to medium high. Add olive oil, coating the bottom well.

Rinse Tilapia in cold water and pat dry. Coat both sides of the fish with the Adobo mix.

Place fillets in the skillet. Cook 6 minutes on each side. Add the lime juice after the fish is flipped.

Sprinkle black pepper and grated parmesan cheese over fillets. Place skillet in the oven, broiling 1 to 2 minutes until crispy.

Remove from oven and cool 2 minutes before serving.

Serving sizes can vary. Nutrition Facts are for total recipe.

- 16 ozs tilapia
- 4 tbsps extra virgin olive oil
- 2 tbsps oregano, ground
- 2 tbsps adobo
- 2 tsps lime juice
- 4 tbsps parmesan cheese, grated
- 1/2 tsp sea salt
- 1/2 tsp black pepper

## Nutrition Facts

Amount Per Serving	
<b>Calories</b>	1156
Calories from Fat: 648	
% Daily Values*	
<b>Total Fat</b>	72g 110%
Saturated Fat	15g 76%
<b>Cholesterol</b>	274mg 91%
<b>Sodium</b>	626mg 26%
<b>Total Carbohydrates</b>	1g 0%
Dietary Fiber	trace 0%
<b>Protein</b>	126g
<b>Vitamin A</b>	3%
<b>Vitamin C</b>	5%
<b>Calcium</b>	32%
<b>Iron</b>	16%

\* Percent Daily Values are based on a 2000 calorie diet.