

No Carb Adobo Parmesan Crusted Tilapia

.25 net carbs per serving for 4 servings.



LowCarbeDiem.com

- 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

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.

Nutrition Facts

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

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