

No Carb Rosemary Garlic Tilapia with Butter Sauce

.5 net carbs per serving for 4 servings.



LowCarbeDiem.com

Preheat oven or grill to 375 F. Set aside one sprig of rosemary (for a garnish) and finely chop the rest.

In a bowl, whisk together olive oil, lemon juice, sea salt, pepper and chopped rosemary. Carefully brush the mixture over the Tilapia.

Place fillets on a greased baking sheet or grill. Cook over medium high heat until Tilapia flakes easily, about 4 to 6 minutes for 1/2 inch fillets. If you are using thick fillets, gently turn halfway through the cooking time.

Melt butter, pressed garlic and capers over medium heat until slightly golden brown in color.

Remove Tilapia from heat, top with caper butter sauce and a few pieces of rosemary.

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

- 16 ozs tilapia
- 1/4 c olive oil
- 2 tsps lemon juice
- 2 sprig rosemary
- 2 clove garlic, pressed
- 1 tbsp capers, drained
- 3 tbsps unsalted butter
- 1/4 tsp sea salt
- dash black pepper

Nutrition Facts

Amount Per Serving		
Calories	1393	Calories from Fat: 903
		% Daily Values*
Total Fat	101g	156%
Saturated Fat	33g	167%
Cholesterol	352mg	117%
Sodium	340mg	14%
Total Carbohydrates	5g	2%
Dietary Fiber	3g	11%
Protein	119g	
Vitamin A		30%
Vitamin C		15%
Calcium		14%
Iron		26%

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