



# Healthy Food for Kids

5

Tasty, Cost-Effective, and Nutritious Recipes!

Baked Lemon  
Butter Tilapia

# Ingredients



## Ingredients Not Likely At Home

Ingredient	Brand	Price per unit	Store
1/4 cup unsalted butter	Good and Gather Unsalted Butter	\$3.19/lb. (4 sticks)	Target
3 cloves garlic		\$0.50/10-12 cloves	Ralphs
2 tablespoons lemon juice from a lemon		\$0.79/large lemon	Ralphs
4 (6 oz.) tilapia filets	Kroger Boneless and Skinless Tilapia	\$9.99/32 oz. (8 filets)	Ralphs

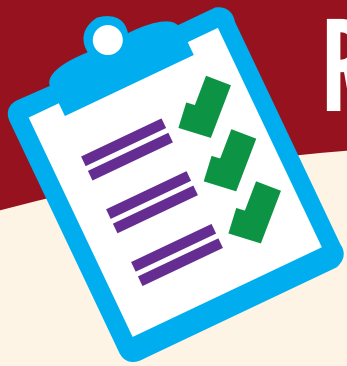
## Ingredients Likely At Home

Salt (to taste)	Morton Iodized Salt	\$0.87/26 oz.	Target
Ground black pepper (to taste)	McCormick Pure Ground Black Pepper	\$5.69/6 oz.	Target

Cost of Ingredients Not Likely at Home:  
**\$14.47 (Total); \$3.62 (per serving)**

Cost of Ingredients Not Likely at Home + Likely at Home:  
**\$21.03 (Total); \$5.26 (per serving)**

# Recipe



**Prep Time:**  
10 min  
**Cook Time:**  
10 min

1.

- Preheat the oven to 425 degrees Fahrenheit
- Lightly oil a 9 x 13 baking dish or coat with nonstick spray

2.

- In a small bowl, whisk together butter, garlic (minced), lemon juice, and lemon zest
- Set this aside for later

3.

- Season the tilapia with salt and pepper (to taste) and place onto the baking dish
- Drizzle the fish with the butter mixture that was set aside

4.

- Place into the oven and bake until the fish flakes easily with a fork (about 10-12 minutes)

5.

- Serve immediately and top with cilantro or parsley, if preferred



## Nutrition Facts

4 servings per recipe

**Serving size**

1 filet

**Amount per serving**

**Calories**

**323.8**

**% Daily Value\***

**Total Fat** 16g **25%**

Saturated Fat 8.8g **44%**

*Trans Fat* 0.6g

**Cholesterol** 127.5mg **42%**

**Sodium** 686.7mg **29%**

**Total Carbohydrates** 1.1g **0%**

Dietary Fiber 0.2g **1%**

Total Sugars 0.1g

Includes 0g Added Sugars **0%**

**Protein** 44.8g **90%**

Vitamin D 6.42mcg **64.2%**

Calcium 33.02mg **3.3%**

Iron 1.27mg **7.0%**

Potassium 666.59mg **19.0%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A graphic of a spotlight with a yellow beam of light shining down on the title.

# Nutrition Spotlight

## Omega-3 Fatty Acids

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Have you ever wondered why people praise fish oil and fish fat over other types of fat? It is because of Omega-3 polyunsaturated fatty acids! Omega-3-fatty acids (aka n-3 PUFAs) are a specific type of fat or lipid found in fish and flaxseed. Although tilapia offers less Omega-3 than other fish like salmon, it is more affordable and still provides more Omega-3s than other types of meat such as chicken or pork. It is recommended that children 4-8 years old consume 0.9g of Omega-3s everyday and children 9-13 years old consume 1-1.2g. Omega-3 is used by our bodies to regulate the nervous system, blood pressure, and inflammation while preventing some types of cancer and heart disease.

There are three types of Omega-3 fatty acids: EPA, DHA, and ALA. EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are found in fish and shellfish and provide most of these health benefits. ALA (alpha-linoleic acid) is found in plants like flaxseed and do not provide as many health benefits because the body uses a lot more energy to convert ALA into DHA or EPA. Because our bodies cannot create DHA or EPA on its own, we need to consume Omega-3 fatty acids in order to provide our bodies with these essential nutrients.

## Thank you for reading!

We hope this was helpful for you and your family! Please let us know if you have any suggestions by filling out this survey: <https://forms.gle/rgpiHqRozEUdiNi38>

For more information, please refer below to the sources used to create the brochure!

### Sources:

The recipe was adapted from Chungah Rhee's recipe, found here: [https://d\\*\\*\\*delicious.net/2016/04/30/baked-lemon-butter-tilapia/](https://d***delicious.net/2016/04/30/baked-lemon-butter-tilapia/)

The 'nutrition facts' label was created by inputting ingredients into Cronometer and is only an approximation: <https://cronometer.com/>

The information on Omega-3 Fatty Acids was retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6357022/>  
<https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/>

*\*Nutrition label is only an approximation*

*\*\*We do not endorse any brands or stores nor are we sponsored by any brands or stores. Our suggestions for ingredients are based on research of local grocery store prices*

*\*\*\*If you have a medical emergency, please see a doctor. These diets are for a healthy individual, so if you have additional medical requirements or restrictions please consult a doctor*