



TILAPIA MUFFINS

INGREDIENTS

- 1 large unit of egg, whole, raw, fresh [50 g]
- 2 large units of egg, white, raw, fresh [66 g]
- 190 grams of fish, tilapia, cooked
- 15 grams of gluten-free flour

COOKING METHOD

- 1° Shred or finely chop the cooked tilapia. In a bowl, mix the fish with the egg, egg whites, and oat flour until you get a uniform batter. Pour the mixture into muffin molds. Bake at 360°F [180°C] for about 40 minutes, until set and lightly golden. You can eat all the muffins from this recipe — the total portion provides the ideal amount of protein and calories for a complete meal.
- 2° Shred or finely chop the cooked tilapia. In a bowl, mix the fish with the egg, egg whites, and oat flour until you get a uniform batter. Pour the mixture into muffin molds. Bake at 360°F [180°C] for about 40 minutes, until set and lightly golden. You can eat all the muffins from this recipe — the total portion provides the ideal amount of protein and calories for a complete meal.

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	120 kcal	6 %
FAT	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	1 g	6 %
CHOLESTEROL	92 mg	31 %
SODIUM	90 mg	4 %
CARBOHYDRATE	3 g	1 %
SUGARS	0 g	—
FIBER	1 g	3 %
PROTEIN	20 g	—