



Baked White Fish

This is the most basic seasonings, feel free to spice it up however you like

<u>U.S.</u>		<u>Metric</u>
2 lb	White Fish Fillets	910 g
1 Tbsp	Olive Oil	15 mL
1/2 tsp	Kosher Salt	3 g
1/4 tsp	Black Pepper, ground	0.6 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 400°F (200°C).
3. Place the fish on a sheet pan, skin side down. Drizzle with olive oil and season each side with salt and pepper.
4. Place the sheet pan in the oven and cook for 8-12 minutes (depending on the thickness of the fish) or until the fish flakes easily. Remove from the sheet pan and serve. (Internal temp should reach 145°F)

Nutrition Facts

Serving size	4 oz
Servings	8
Calories	108
Calories from Fat	20
Total Fat	2.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	49 mg
Sodium	181 mg
Carbohydrates	0 g
Dietary Fiber	0 g
Sugars	0 g
Protein	20 g
Vitamin A	0 %
Calcium	2 %
Vitamin C	2 %
Iron	2 %
Phosphorus	230 mg
