



## Baked White Fish

This is an introduction to cooking fish, feel free to change up the seasonings however you like.

### **U.S.**

2 lb	White Fish, cut into 4 ounce fillets
1 Tbsp	Olive Oil
1/2 tsp	Kosher Salt
To taste	Black Pepper, ground

### **Metric**

910 g
15 mL
3 g
To taste

### **Preparation:**

1. Gather all ingredients and equipment. Preheat the oven to 400°F (200°C).
2. Place the fish on a sheet pan, skin side down. Drizzle with olive oil and season each side with salt and pepper.
3. Bake the fish for 8-12 minutes (depending on the thickness of the fish) or until the fish flakes easily and the internal temperature reaches 145°F. Serve hot.

**\*\* Nutrition Facts on Reverse**

---

## Nutrition Facts

---

8 Servings

**Serving size**                      **4 ounces**

---

**Amount per serving**

**Calories**                              **110**

---

**Total Fat**                              2.5 g

    Saturated Fat                      0 g

    Trans Fat                              0 g

    Monounsaturated Fat              1.5 g

**Cholesterol**                          50 mg

**Sodium**                                  180 mg

**Total Carbohydrate**              0 g

    Dietary Fiber                      0 g

    Total Sugars                        0 g

        Includes 0g Added Sugars

**Protein**                                  20 g

Vitamin D                              0 %

Calcium                                  2 %

Iron                                        2 %

Potassium                              470 mg

Phosphorus                              230 mg

---