

Spicy Baked Fish

This spicy seafood dish will delight everyone.

Recipe details

Servings: 4

Serving size: 1 piece (3 ounces)

Ingredients

- 1 pound cod (or other fish) fillet
- 1 tablespoon olive oil
- 1 teaspoon salt-free spicy seasoning mix
- Nonstick cooking spray as needed

Instructions

1. Preheat oven to 350 °F. Spray casserole dish with nonstick cooking oil spray.
2. Wash and dry fish. Place in dish. Drizzle with oil and seasoning mixture.
3. Bake uncovered for 15 minutes or until fish flakes with fork. Cut into 4 pieces. Serve with rice.

Each serving provides

Calories: 134

Total fat: 5 grams

Saturated fat: 1 gram

Cholesterol: 60 milligrams

Sodium: 93 milligrams

Total fiber: 0 gram

Protein: 21 grams

Carbohydrates: less than 1 gram

Potassium: 309 milligrams

Source

National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services