



Baked Gulf Fish

U.S.		Metric
1.5 lb	Gulf Fish	1.36 kg
1 Tbsp	Olive Oil	15 mL
1 tsp	Chili Powder	5 mL
1/2 tsp	Salt, Kosher	.6 mg
To Taste	Black Pepper	To Taste
2 Tbsp	Fresh Lime Juice	30 mL
2 Tbsp	Cilantro, fresh, chopped	30 mL

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F (200°C).
3. Portion fish into 4 ounce portions.
4. Coat fish on each side with olive oil, chili powder, salt, and pepper. Place fish on a parchment or foil lined tray.
5. Bake fish in oven until opaque and it flakes with a fork, about 10-15 minutes (depending on the thickness of the fish). Do not overcook fish as it will become dry.
6. Remove fish from the oven, and top with lime juice and cilantro before serving.

Nutrition Facts

Serving size 4 oz
Servings 6

Calories 156
Calories from Fat 70

Total Fat 8 g
Saturated Fat 1.5 g
Trans Fat 0 g
Monounsaturated Fat 4 g
Cholesterol 73 mg
Sodium 165 mg
Carbohydrates 0 g
Dietary Fiber 0 g
Sugars 0 g
Protein 20 g

Vitamin A 6 %
Calcium 6 %
Vitamin C 4 %
Iron 6 %
Phosphorus 205 mg
