



Baked White Fish

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

U.S.

2 lb	White Fish Fillets
1 Tbsp	Olive Oil
1/4 tsp	Black Pepper, ground

Metric

910 g
15 mL
0.6g

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 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	110
Calories from Fat	20
Total Fat	2.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1.5 g
Cholesterol	50 mg
Sodium	60 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
