



Parmesan Crusted Fish

<u>U.S.</u>		<u>Metric</u>
1 lb	White Fish, cut into 4 ounce filets	455 g
1 tsp	Butter, unsalted, melted	5 mL
1/2 tsp	Parsley, dried	0.5 g
1/2 tsp	Garlic Powder	1.5 g
2 Tbsp	Parmesan, grated	12 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 350° F (180° C). Line a baking sheet with parchment paper.
3. Place fish on parchment lined baking sheet. Using a pastry brush, lightly brush all sides of the fish with melted butter.
4. In a small bowl, mix dried parsley, garlic powder, and parmesan.
5. Evenly coat the top of the fish with parmesan mixture.
6. Cook fish for about 8-10 minutes, until the internal temperature reaches 145°F.

Nutrition Facts

4 Servings

Serving size **4 oz**

Amount per serving

Calories **120**

Total Fat 3 g

 Saturated Fat 1 g

 Trans Fat 0 g

 Monounsaturated Fat 1 g

Cholesterol 55 mg

Sodium 120 mg

Total Carbohydrate 1 g

 Dietary Fiber 0 g

 Total Sugars 0 g

 Includes 0 g Added Sugars

Protein 21 g

Vitamin D 0 %

Calcium 6 %

Iron 2 %

Potassium 481 mg

Phosphorus 252 mg
