



A Nutrition Resource



## SPICY BAKED FISH

**Yield: 4 Servings | Serving Size: 4 ounces**

**Cost/Serving: \$2.06**

### Ingredients:

- 16 ounces salmon (fresh or frozen, or any white fish)
- 1/4 teaspoon paprika
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1/8 teaspoon oregano (dried)
- 1/8 teaspoon dried thyme (dried)
- 1 Tablespoon lemon juice
- 1 1/2 Tablespoons butter (soft melted)

### Directions:

- 1) If using frozen fish, thaw in refrigerator according to package directions.
- 2) Preheat oven to 350°F.
- 3) Separate (or cut) fish into 4 pieces. Place fish in a 9x13x2-inch baking pan.
- 4) Combine paprika, garlic powder, onion powder, pepper, oregano, and thyme in a small bowl.
- 5) Sprinkle herb mixture (step 4 mixture) and lemon juice evenly over the fish. Then drizzle melted butter on top.
- 6) Bake until fish flakes easily with a fork, about 20 to 25 minutes.

*University of Massachusetts, Extension Nutrition Education Program.*

## Nutrition Facts

4 servings per container

**Serving size 4 ounces (123g)**

Amount per serving

**Calories 260**

% Daily Value\*

**Total Fat 14g 18%**

Saturated Fat 4.5g 23%

Trans Fat 0g

**Cholesterol 95mg 32%**

**Sodium 110mg 5%**

**Total Carbohydrate 1g 0%**

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein 30g**

Vitamin D 0mcg 0%

Calcium 67mg 6%

Iron 2mg 10%

Potassium 532mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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