

Chilean Sea Bass

cal: **141.8** fat: **2.7 g** protein: **24.3 g** carbs: **4.7 g** fiber: **0.6 g**

Number of servings per recipe: 1
Each serving counts as 1 protein, juice of ½ lemon

Ingredients

- 100 grams sea bass fillets
- 2 cloves of minced garlic
- 1/2 of lemon
- 1/2 tsp salt
- 1/2 tsp lemon pepper
- 2 tbsp finely chopped cilantro
- 1/2 tsp paprika



Directions

Arrange sea bass fillets in a single layer on foil lined broiler pan.
Spread garlic and cilantro on and around fish.
Squeeze lemon juice on fillets, sprinkle salt and lemon pepper to taste
Add paprika for color.
Cover with foil and crimp edges to form a seal.

Bake at 450 for 20 minutes.



Nutritional Info

Servings Per Recipe: 1

Amount Per Serving

- Calories: 141.8
- Total Fat: 2.7 g
- Cholesterol: 53.0 mg
- Sodium: 1,251.4 mg
- Total Carbs: 4.7 g
- Dietary Fiber: 0.6 g
- Protein: 24.3 g



call
email
website

(416) 477 - 1345
info@HCGDIETCANADA.com
www.HCGDIETCANADA.com