



Oven Baked Fish

Servings: 4
Serving Size: 1 fish fillet

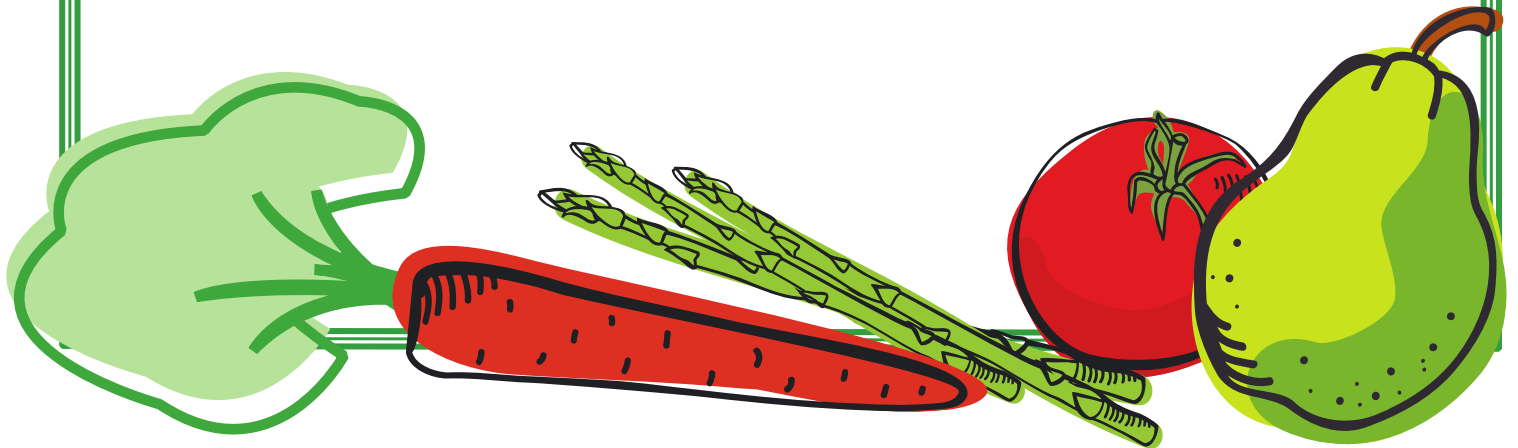
Ingredients:

- 1 egg, slightly beaten
- ½ teaspoon black pepper
- 1 pound Tilapia filets, fresh or thawed (4 filets)
- ½ cup whole wheat bread crumbs
- 1 Tablespoon vegetable oil
- 1 fresh lime or lemon, sliced

Directions:

1. Preheat oven to 350 degrees F
2. In a small bowl, add egg and pepper and beat together.
3. Dip fish filets in the egg mixture, then coat with bread crumbs
4. Add oil to a 9 X 13 baking pan
5. Arrange fish filets in the pan turning over to coat with olive oil.
6. Bake uncovered for 20 to 25 minutes, until fish flakes easily with a fork. Serve topped with lime or lemon slices.

Nutrition Facts	
Serving Size 1 fillet	
Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 90mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 26g	
Vitamin A 2%	Vitamin C 10%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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