

# RO\*TEL Topped Baked Cod

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-cod-with-italian-breadcrumbs-recipe>

## Ingredients:

- 2 pounds cod loins wild caught
- 1 cup Italian bread crumbs
- 1 can diced tomatoes & green chilies RO\*TEL Fire Roasted, Drain excess juices
- 3 tablespoons unsalted butter sliced into small pads
- 1 tablespoon fresh cilantro chopped
- 3 1/2 teaspoons black pepper each of, garlic powder, and onion powder sprinkle on each cod loin

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 25 milligrams
4. Fat: 10 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. SaturatedFat: 6 grams
8. Sodium: 530 milligrams
9. Sugar: 3 grams

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