

Coconut-Crusted Barramundi

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/barramundi-fillet-recipe-chinese>

Ingredients:

- 1 tablespoon coconut oil
- 2 ounces barramundi fillets
- 1/2 cup coconut milk
- 1 cup unsweetened desiccated coconut
- salt to taste

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 4 grams
3. Fat: 21 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 18 grams
7. Sodium: 400 milligrams
8. Sugar: 2 grams

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