

Buttered Cod in Skillet

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-style-cod-recipe>

Ingredients:

- 1 1/2 pounds cod * fresh or frozen
- 6 tablespoons unsalted butter sliced
- 1/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 3/4 teaspoon paprika
- 3 lemon slices
- parsley Herbs, or cilantro

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 120 milligrams
4. Fat: 19 grams
5. Fiber: 4 grams
6. Protein: 32 grams
7. SaturatedFat: 11 grams
8. Sodium: 390 milligrams

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