

# Garlic Butter Baked Cod

Yield: 2 min  
Total Time: 30 min

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

## Ingredients:

- 2 tablespoons butter room temperature, \$0.26
- 1 tablespoon olive oil \$0.16
- 2 cloves garlic minced, \$0.16
- 1/8 teaspoon paprika \$0.02
- 1/8 teaspoon salt \$0.01
- 1 tablespoon finely chopped parsley \$0.10
- 8 ounces cod two 4 oz. filets, \$2.48
- 1 fresh lemon \$0.37

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 80 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 21 grams
7. SaturatedFat: 8 grams
8. Sodium: 290 milligrams

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