

# Asian-Style Roasted Whole Fish

Yield: 5 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-roast-fish-recipe>

## Ingredients:

- 2 tablespoons grape seed oil
- 3/4 cup soy sauce
- 2 teaspoons sesame oil
- 1 1/2 tablespoons fresh ginger grated
- 2 tablespoons ginger minced
- 7 scallions green onions, cut into thirds and then sliced long-ways
- 4 pounds fish whole, gutted, scales removed optional

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 220 milligrams
4. Fat: 29 grams
5. Fiber: 1 grams
6. Protein: 72 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 2350 milligrams
9. Sugar: 1 grams

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