

Florns' Chinese Steamed Fish

Yield: 2 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-chinese-steamed-fish-recipe>

Ingredients:

- 1 pound red snapper fillets
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon fresh ginger grated
- 1 tablespoon soy sauce
- 2 teaspoons sesame oil
- 2 shiitake mushrooms thinly sliced
- 1 tomato quartered
- 1/2 red chile pepper fresh, seeded and chopped
- 2 sprigs cilantro finely chopped

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 85 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 49 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 1190 milligrams
9. Sugar: 2 grams

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