

Mediterranean Baked Cod

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/cod-loin-christmas-recipe>

Ingredients:

- 1 1/2 pounds cod fillet
- 1 red onion small, OR large shallot chopped
- 3 cloves garlic crushed
- 1 pound cherry tomatoes halved
- 1/4 cup sliced black olives
- 1 tablespoon olive oil
- 1 teaspoon Italian seasoning
- salt
- pepper
- 1/4 cup water
- 4 tablespoons butter chopped

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 105 milligrams
4. Fat: 18 grams
5. Fiber: 3 grams
6. Protein: 33 grams
7. SaturatedFat: 8 grams
8. Sodium: 450 milligrams
9. Sugar: 5 grams

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