

Baked Cod with Crunchy Panko Crust

Yield: 3 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/crunchy-stuffing-recipe-for-thanksgiving>

Ingredients:

- 1 pound fresh cod fillets 3-4 fillets per pound
- 3/4 teaspoon salt for cod
- 1/4 teaspoon black pepper
- 1/2 cup panko breadcrumbs
- 2 tablespoons grated Parmesan cheese
- 1/4 teaspoon salt for crust
- 1/4 teaspoon garlic powder
- 2 tablespoons butter melted

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 90 milligrams
4. Fat: 11 grams
5. Protein: 30 grams
6. SaturatedFat: 6 grams
7. Sodium: 1110 milligrams
8. Sugar: 1 grams

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