

Sinabawang Isda at Gulay

Yield: 2 min
Total Time: 22 min

Recipe from: <https://www.recipeschoose.com/recipes/gulay-recipe-for-christmas>

Ingredients:

- 6 ounces mahi mahi fillets
- 1 knob ginger sliced into thin pieces
- 2 medium tomatoes sliced
- 1 red onion medium, sliced
- 2 cups water
- 1 teaspoon sea salt

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 60 milligrams
4. Fat: 1 grams
5. Fiber: 2 grams
6. Protein: 18 grams
7. Sodium: 1270 milligrams
8. Sugar: 6 grams

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