

# Italian Baked Fish Marinara

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-fish-fillet-recipe>

## Ingredients:

- 4 fish fillet I used flounder, frozen fish can be used, de-frost and towel dry before baking
- 14 Roma tomatoes small, seeded and cut into small pieces
- 3/4 teaspoon oregano
- 3/4 teaspoon basil
- 1/4 teaspoon salt
- 1 dash pepper flakes if desired, optional
- 1/4 cup Italian parsley chopped fresh, 7 grams
- 2 1/2 tablespoons olive oil
- 1 tablespoon olive oil for drizzling

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 80 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 33 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 290 milligrams
9. Sugar: 7 grams

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