

Baked Pollock with Bechamel Sauce

Yield: 4 min
Total Time: 65 min

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

Ingredients:

- 2 pollock
- 1 cup milk
- 3 1/2 tablespoons butter
- 7/8 cup cheese
- 2 tablespoons whole wheat flour
- 3 3/8 tablespoons vegetable oil
- salt to taste
- black pepper to taste

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 60 milligrams
4. Fat: 32 grams
5. Fiber: 1 grams
6. Protein: 10 grams
7. SaturatedFat: 13 grams
8. Sodium: 470 milligrams
9. Sugar: 4 grams

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