

# Grilled Fish with Asparagus in Foil Packets

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-grilled-cod-fish-recipe>

## Ingredients:

- 4 cod fish fresh
- 1 asparagus big batch of, cut in half
- 2 lemons sliced into rounds
- olive oil
- salt
- pepper

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 8 grams
3. Fat: 5 grams
4. Fiber: 3 grams
5. Protein: 1 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 200 milligrams

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