

Baked Garlic Milkfish

Yield: 2 min
Total Time: 225 min

Recipe from: <https://www.recipeschoose.com/recipes/milkfish-recipe-indian-style>

Ingredients:

- 1 milkfish large, deboned
- 1/2 cup chopped parsley
- 1 head garlic crushed
- 3 tablespoons olive oil
- 1 teaspoon coarse sea salt
- 1/4 teaspoon ground black pepper

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 2 grams
3. Fat: 20 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 3 grams
7. Sodium: 1190 milligrams

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