

# Garlic Parmesan Orange Roughy

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/orange-roughy-indian-recipe>

## Ingredients:

- 16 ounces orange roughy
- 1/2 lemon
- 1/2 cup grated Parmesan cheese
- 1/4 cup butter softened
- 1/4 cup mustard mayonnaise prepared Dijon, blend
- 1 clove garlic pressed
- 1/4 pinch salt
- paprika

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 115 milligrams
4. Fat: 21 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 10 grams
8. Sodium: 480 milligrams
9. Sugar: 1 grams

---

Thank you for visiting our website. Hope you enjoy Garlic Parmesan Orange Roughy above. You can see more 17 orange roughy indian recipe You must try them! to get more great cooking ideas.