

Grilled Cobia

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/oregano-s-restaurant-italian-dressing-recipe>

Ingredients:

- 2 filet cobia
- 2/3 cup Italian dressing prepared
- 1/2 teaspoon oregano
- 1/2 teaspoon thyme
- 1/4 teaspoon basil
- 1/4 teaspoon marjoram
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1 pinch salt
- 1 1/2 tablespoons olive oil

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 4 grams
3. Fat: 16 grams
4. SaturatedFat: 2.5 grams
5. Sodium: 710 milligrams
6. Sugar: 3 grams

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