

# Garlic Butter Baked Tilapia

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 1/4 cup melted butter unsalted, — use ghee for paleo and whole30
- 1 tablespoon chopped parsley
- 1 teaspoon onion powder
- 1/2 teaspoon paprika
- 3 garlic cloves — minced
- 2 tablespoons lemon juice
- 4 fillets tilapia
- salt
- black pepper

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 90 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 8 grams
8. Sodium: 340 milligrams

---

Thank you for visiting our website. Hope you enjoy Garlic Butter Baked Tilapia above. You can see more 16 baked tilapia recipe indian style Discover culinary perfection! to get more great cooking ideas.