

# Parmesan Broccoli Baked Fish

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-baked-fish-recipe>

## Ingredients:

- 4 fillets fish cod or any other kind
- 1 cup broccoli
- 1 cup Parmesan cheese
- 1 tablespoon oil
- 1 teaspoon lemon
- salt
- pepper

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 135 milligrams
4. Fat: 22 grams
5. Fiber: 1 grams
6. Protein: 48 grams
7. SaturatedFat: 6 grams
8. Sodium: 700 milligrams
9. Sugar: 1 grams

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