Perfect Poached Fish

Yield: 4 min
Total Time: 15 min

Recipe from: https://www.recipeschoose.com/recipes/southern-italian-poached-fish-recipe

Ingredients:

- 1/2 cup white wine
- 1/2 onion sliced
- 2 garlic cloves crushed
- 1/2 lemon
- 1/2 teaspoon sea salt
- fish your choice, see notes

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 20 milligrams
4. Fat: 2 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. Sodium: 310 milligrams
8. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy Perfect Poached Fish above. You can see more 15 southern italian poached fish recipe They're simply irresistible! to get more great cooking ideas.