

St. Peter's Spicy Fish Seasoning

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/st-peter-s-fish-recipe-turkish>

Ingredients:

- 2 tablespoons garlic powder
- 2 tablespoons salt
- 2 tablespoons paprika
- 1 tablespoon onion powder
- 1 tablespoon black pepper
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme
- 1 1/2 teaspoons cayenne pepper or to taste, I like it hot
- 4 tilapia fillets use other white, flaky fish to get your omega 3s!

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 60 milligrams
4. Fat: 3 grams
5. Fiber: 3 grams
6. Protein: 25 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 3600 milligrams
9. Sugar: 1 grams

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