

Oven Baked Tilapia Fish with Lemon & Basil

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 4 tilapia Frozen Fillets of
- 1 lemon
- 1/2 onion
- 4 tablespoons olive oil or butter
- salt
- pepper
- garlic powder
- fresh basil leaves

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 60 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 24 grams
7. SaturatedFat: 3 grams
8. Sodium: 260 milligrams
9. Sugar: 1 grams

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