

Baked Red Snapper

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-red-snapper-recipe>

Ingredients:

- 2 red snapper fillet about $\frac{3}{4}$ pound
- 1 tablespoon coconut oil or avocado oil
- salt
- pepper
- 1/2 cup pesto pistachio, recipe found here

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 30 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 6 grams
8. Sodium: 440 milligrams

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