

Baked Mediterranean Snapper

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-snapper-fillet-recipe>

Ingredients:

- 1 stick cooking spray crisco original
- 2 tablespoons pure olive oil crisco
- 1 onion chopped
- 2 cloves minced garlic
- 1 teaspoon oregano
- 14 1/2 ounces diced tomatoes with juice
- 1/2 cup black olives sliced
- 16 ounces snapper fillets red
- salt
- pepper
- 1/4 cup feta cheese crumbled
- 1/4 cup parsley minced

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 50 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 27 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 530 milligrams
9. Sugar: 5 grams

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