

Lemon Butter Swai Fish

Yield: 2 min
Total Time: 10 min

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

Ingredients:

- 1 pound fish Swai, or Basa
- salt
- ground black pepper
- 1/2 tablespoon vegetable oil
- 2 tablespoons unsalted butter melted
- 1/4 cup white wine
- 1 tablespoon lemon juice
- 1 pinch salt
- 1 teaspoon Italian parsley chopped

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 165 milligrams
4. Fat: 29 grams
5. Protein: 43 grams
6. SaturatedFat: 10 grams
7. Sodium: 650 milligrams

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