

Baked Sea Bass & Zucchini Sheet Pan

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/whole-sea-bass-recipe-italian>

Ingredients:

- 2 tablespoons lemon juice approx. 1 lemon, freshly squeezed
- 2 tablespoons low sodium soy sauce
- 1 tablespoon olive oil
- 12 ounces sea bass
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1 shallot large, minced
- 15 cremini mushrooms whole
- 4 zucchini small, sliced in half lengthwise

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 35 milligrams
4. Fat: 5 grams
5. Fiber: 3 grams
6. Protein: 21 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 500 milligrams
9. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy Baked Sea Bass & Zucchini Sheet Pan above. You can see more 19 whole sea bass recipe italian Cook up something special! to get more great cooking ideas.