



A Nutrition Resource

# SPICY BAKED FISH

**Yield: 4 Servings | Serving Size: 4 ounces**

**Cost/Serving: \$2.06**

## Ingredients:

- 16 ounces salmon (fresh or frozen, or any white fish)
- 1/4 teaspoon paprika
- 1/4 teaspoon onion powder
- 1/4 garlic powder
- 1/8 teaspoon black pepper
- 1/8 teaspoon oregano (dried)
- 1/8 teaspoon dried thyme (dried)
- 1 Tablespoon lemon juice
- 1 1/2 Tablespoons butter (soft melted)

## Directions:

- 1) If using frozen fish, thaw in refrigerator according to package directions.
- 2) Preheat oven to 350°F.
- 3) Separate (or cut) fish into 4 pieces. Place fish in a 9x13x2-inch baking pan.
- 4) Combine paprika, garlic powder, onion powder, pepper, oregano, and thyme in a small bowl.
- 5) Sprinkle herb mixture (step 4 mixture) and lemon juice evenly over the fish. Then drizzle melted butter on top.
- 6) Bake until fish flakes easily with a fork, about 20 to 25 minutes.

*University of Massachusetts, Extension Nutrition Education Program.*

## Nutrition Facts

4 servings per container  
**Serving size 4 ounces (123g)**

Amount per serving  
**Calories 260**

	% Daily Value*
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 30g	
Vitamin D 0mcg	0%
Calcium 67mg	6%
Iron 2mg	10%
Potassium 532mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Buy Eat Live Better Nutrition Education Program | [www.montana.edu/extension/buyeatlivebetter](http://www.montana.edu/extension/buyeatlivebetter)



Find us on Pinterest  
[pinterest.com/buyeatlive](https://pinterest.com/buyeatlive)

### This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Facebook  
[facebook.com/buyeatlivebetter](https://facebook.com/buyeatlivebetter)



**MONTANA**  
STATE UNIVERSITY

EXTENSION