

Steamed Whiting

Recipe Type: Entree

Serves: 4

Prep Time: 5 minutes

Cooking Time: 15 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 16 oz whiting
- 1 t garlic powder
- 1 t salt
- 1 t pepper
- 1/4 C water

What to do:

1. Wash your hands.
2. Season the whiting with 1/4 t garlic powder, 1/8 t salt, and 1/8 t pepper.
3. Pour 1/4 C of water into a skillet. Turn the heat under the skillet to medium.
4. Place the fish in the skillet and cover it with the lid.
5. Cook for 5 minutes.
6. Take the lid off the skillet and let the fish steam for another 5-10 minutes, or until the meat is bright white.
7. Serve warm and enjoy!



This is a picture of 1 serving.

Nutrition Facts

Serving Size 4 oz

Amount Per Serving

Calories 130

Calories from Fat 15

%Daily Value*

Total Fat 2 g **3%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 95 mg **32%**

Sodium 440 mg **1%**

Total Carbohydrate 1 g **0%**

Dietary Fiber 0 g **0%**

Sugars 0 g

Protein 27 g

Vitamin D 0%

Calcium 8%

* Percent Daily Values are based on a 2,000 calorie diet.

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