

Steamed Whiting

Recipe Type: Entrée

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

2 t black pepper

2 t garlic powder

2 t onion powder

¼ C water



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Season the whiting with black pepper, garlic and onion powder.
3. Pour ¼ C of water into a skillet. Turn to medium heat.
4. Place the fish in the skillet and cover it with the lid. Steam for 5 minutes.
5. Take the lid off the skillet and let the fish cook for another 5–10 minutes, or until the meat is bright white.
6. Serve warm and enjoy!

Contains Fish

Nutrition Facts	
4 servings per container	
Serving size	4 oz (132g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 460mg	20%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 2mcg	10%
Calcium 81mg	6%
Iron 1mg	6%
Potassium 347mg	8%
*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.	

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