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Walleye Filet Broiled ♦

A delicious broiled walleye filet recipe that is perfect for a healthy and flavorful meal. The walleye filet is seasoned with herbs and spices, then broiled to perfection. It is a popular dish in many seafood restaurants and is enjoyed by seafood lovers all around the world.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

800 g	walleye filet
1 tsp	salt
1 tsp	black pepper
1 tsp	garlic powder
1 tsp	onion powder

1 tsp	paprika
2 tbsp	olive oil
2 tbsp	lemon juice

Directions

Step 1

Preheating

Preheat the broiler.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the walleye filet with salt, black pepper, garlic powder, onion powder, and paprika.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Drizzling

Drizzle olive oil and lemon juice over the seasoned walleye filet.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Broiling

Place the walleye filet on a broiler pan and broil for 10-12 minutes, or until the fish is cooked through and flakes easily with a fork.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Serving

Serve the broiled walleye filet hot with your favorite side dishes.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 4 g

Protein: 20 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	6 mg	0.18%	0.23%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	4 mg	36.36%	50%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

American

Nutritional Content

Low Calorie

Course

Side Dishes Soups

Cultural

Chinese New Year

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40

Demographics

Kids Friendly Teen Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Meal Type

Dinner

Snack

Supper

Difficulty Level

Easy

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