RECIPE ANALYSIS

Recipe Name : D-26 **Recipe Desc : Baked Cod with Mango Chutney** **Author :** **Yield : 50**
Serving Size : 1 Fillet **Prep Time :** **Cook Time :**

Nutrition Information

Serving Size: 1 Fillet

Amount Per Serving

Calories 197.67 **Calories from Fat 9.55**

			% Daily Value
Total Fat	**1.06**	**g**	**2%**
Saturated	0.01	g	0%
PolyUnSat	0.01	g	n/a
MonoUnSat	0.02	g	n/a
Cholesterol	**90.05**	**mg**	**30%**
Sodium	**120.80**	**mg**	**5%**
Potassium	**39.15**	**mg**	**1%**
Total Carbs	**4.38**	**g**	**1%**
Dietary Fiber	0.25	g	1%
Sugars	0.69	g	n/a
Protein	**40.18**	**g**	

Vitamin A - 16%	Vitamin C - 10%
Calcium - 0%	Iron - 0%
Vitamin E - n/a	Thiamin - 1%
Riboflavin - 1%	Niacin - 1%
Vitamin B6 - 2%	Folic Acid - 0%
Vitamin B12 - 0%	Pantothenic Acid - 0%
Phosphorous - 1%	Magnesium - 1%
Zinc - 0%	Copper - 1%

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

Calories Per Gram:

Fat 9 * Carbohydrates 4 * Protein 4

Fat Soluble Vitamins

Vitamin D	0.000	mcg
Vitamin D	0.000	IU
Vitamin E	0.000	mg
Vitamin E	n/a	
Vitamin E	0.223	alp
Vitamin K	0.018	mcg
Vitamin A	782.592	IU
Vitamin A	79.162	RE

Water Soluble Vitamins

Thiamin B1	0.014	mg
Riboflavin B2	0.013	mg
Niacin B3	n/a	
Niacin B3	0.120	mg
Pyridoxine B6	0.034	mg
Cobalamin B12	0.000	mcg
Pantothenic Acid	0.032	mg
Vitamin C	5.865	mg
Folic Acid	0.009	mcg

Minerals

Phosphorus	5.655	mg
Zinc	0.016	mg
Magnesium	2.300	mg
Copper	0.022	mg
Selenium	0.000	mg
Iron	0.074	mg
Calcium	3.631	mg
Manganese	0.012	mg
Iodine	n/a	

US Diabetic Exchanges

Not Available.

Starch	n/a
Fruit	n/a
Milk (Skim)	n/a
Milk (2%)	n/a
Milk (Whole)	n/a
Other Carbs	n/a
Vegetables	n/a
Meat (Very Lean)	n/a
Meat (Lean)	n/a
Meat (Med. Fat)	n/a
Meat (High Fat)	n/a
Fat	n/a

School Equivalents

Not Available.

Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

Source Of Calories

This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.