

RECIPE ANALYSIS

Recipe Name : D-06
Serving Size : 6 oz.

Recipe Desc : Baked Tilapia Papiette
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 6 oz.		
Amount Per Serving		
Calories 695.62	Calories from Fat 435.25	
	% Daily Value	
Total Fat	48.36 g	74%
Saturated	9.08 g	45%
PolyUnSat	0.05 g	n/a
MonoUnSat	11.40 g	n/a
Cholesterol	78.24 mg	26%
Sodium	1649.91 mg	69%
Potassium	236.52 mg	7%
Total Carbs	33.82 g	11%
Dietary Fiber	2.88 g	12%
Sugars	8.64 g	n/a
Protein	29.23 g	
Vitamin A - 134%	Vitamin C - 21%	
Calcium - 3%	Iron - 13%	
Vitamin E - n/a	Thiamin - 18%	
Riboflavin - 5%	Niacin - 2%	
Vitamin B6 - 7%	Folic Acid - 4%	
Vitamin B12 - 0%	Pantothenic Acid - 7%	
Phosphorous - 9%	Magnesium - 10%	
Zinc - 10%	Copper - 19%	
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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	6709.031 IU
Vitamin A	674.617 RE

Water Soluble Vitamins	
Thiamin B1	0.263 mg
Riboflavin B2	0.079 mg
Niacin B3	n/a
Niacin B3	0.468 mg
Pyridoxine B6	0.143 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.659 mg
Vitamin C	12.813 mg
Folic Acid	15.182 mcg

Minerals	
Phosphorus	87.123 mg
Zinc	1.573 mg
Magnesium	41.701 mg
Copper	0.382 mg
Selenium	3.149 mg
Iron	2.391 mg
Calcium	30.992 mg
Manganese	0.119 mg
Iodine	94.080 mcg

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.