

# RECIPE ANALYSIS

Recipe Name : D-03  
Serving Size : 5 oz.

Recipe Desc : Breaded Fish Filets  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 5 oz.		
Amount Per Serving		
<b>Calories 264.54</b>	<b>Calories from Fat 87.77</b>	
% Daily Value		
<b>Total Fat</b>	<b>9.75 g</b>	<b>15%</b>
Saturated	1.61 g	8%
PolyUnSat	3.15 g	n/a
MonoUnSat	3.08 g	n/a
<b>Cholesterol</b>	<b>111.35 mg</b>	<b>37%</b>
<b>Sodium</b>	<b>269.07 mg</b>	<b>11%</b>
<b>Potassium</b>	<b>461.46 mg</b>	<b>13%</b>
<b>Total Carbs</b>	<b>11.60 g</b>	<b>4%</b>
Dietary Fiber	0.54 g	2%
Sugars	0.98 g	n/a
<b>Protein</b>	<b>30.26 g</b>	
Vitamin A - 5%	Vitamin C - 0%	
Calcium - 7%	Iron - 8%	
Vitamin E - n/a	Thiamin - 16%	
Riboflavin - 12%	Niacin - 22%	
Vitamin B6 - 23%	Folic Acid - 8%	
Vitamin B12 - 24%	Pantothenic Acid - 11%	
Phosphorous - 40%	Magnesium - 12%	
Zinc - 10%	Copper - 5%	
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	0.078 mcg
Vitamin D	7.120 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	228.217 IU
Vitamin A	62.673 RE

Water Soluble Vitamins	
Thiamin B1	0.233 mg
Riboflavin B2	0.198 mg
Niacin B3	n/a
Niacin B3	4.495 mg
Pyridoxine B6	0.460 mg
Cobalamin B12	1.460 mcg
Pantothenic Acid	1.145 mg
Vitamin C	0.097 mg
Folic Acid	31.328 mcg

Minerals	
Phosphorus	398.329 mg
Zinc	1.498 mg
Magnesium	48.398 mg
Copper	0.108 mg
Selenium	1.848 mg
Iron	1.371 mg
Calcium	68.750 mg
Manganese	0.132 mg
Iodine	11.760 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**

