

RECIPE ANALYSIS

Recipe Name : D-22
Serving Size : 1 Fillet

Recipe Desc : Cajun Style Cod
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 Fillet		
Amount Per Serving		
Calories 263.40	Calories from Fat 14.59	
% Daily Value		
Total Fat	1.62 g	2%
Saturated	0.17 g	1%
PolyUnSat	0.02 g	n/a
MonoUnSat	0.10 g	n/a
Cholesterol	90.05 mg	30%
Sodium	607.06 mg	25%
Potassium	21.50 mg	1%
Total Carbs	17.58 g	6%
Dietary Fiber	2.57 g	10%
Sugars	12.48 g	n/a
Protein	41.34 g	
Vitamin A - 64%	Vitamin C - 38%	
Calcium - 4%	Iron - 10%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 3%	Magnesium - 0%	
Zinc - 0%	Copper - 0%	
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	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	3204.845 IU
Vitamin A	640.762 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.000 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	22.608 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	26.784 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	1.805 mg
Calcium	35.510 mg
Manganese	0.000 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

