

RECIPE ANALYSIS

Recipe Name : D-18
Serving Size : 1 Fillet

Recipe Desc : Grilled Orange Roughy
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 Fillet		
Amount Per Serving		
Calories 291.04	Calories from Fat 100.16	
% Daily Value		
Total Fat	11.13 g	17%
Saturated	0.85 g	4%
PolyUnSat	0.31 g	n/a
MonoUnSat	3.91 g	n/a
Cholesterol	114.15 mg	38%
Sodium	329.74 mg	14%
Potassium	365.80 mg	10%
Total Carbs	22.62 g	8%
Dietary Fiber	0.99 g	4%
Sugars	3.25 g	n/a
Protein	23.71 g	
Vitamin A - 6%	Vitamin C - 1%	
Calcium - 11%	Iron - 11%	
Vitamin E - n/a	Thiamin - 8%	
Riboflavin - 10%	Niacin - 17%	
Vitamin B6 - 17%	Folic Acid - 2%	
Vitamin B12 - 38%	Pantothenic Acid - 6%	
Phosphorous - 23%	Magnesium - 9%	
Zinc - 6%	Copper - 8%	
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	16.000 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	319.872 IU
Vitamin A	71.896 RE

Water Soluble Vitamins	
Thiamin B1	0.120 mg
Riboflavin B2	0.173 mg
Niacin B3	n/a
Niacin B3	3.400 mg
Pyridoxine B6	0.347 mg
Cobalamin B12	2.267 mcg
Pantothenic Acid	0.627 mg
Vitamin C	0.407 mg
Folic Acid	7.933 mcg

Minerals	
Phosphorus	226.800 mg
Zinc	0.853 mg
Magnesium	34.027 mg
Copper	0.160 mg
Selenium	0.000 mg
Iron	1.949 mg
Calcium	113.359 mg
Manganese	0.013 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

