

RECIPE ANALYSIS

Recipe Name : D-21
Serving Size : 1 Fillet

Recipe Desc : Italian Baked Cod
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 Fillet		
Amount Per Serving		
Calories 35.66	Calories from Fat 25.77	
% Daily Value		
Total Fat	2.86 g	4%
Saturated	0.41 g	2%
PolyUnSat	0.40 g	n/a
MonoUnSat	2.00 g	n/a
Cholesterol	0.00 mg	0%
Sodium	84.81 mg	4%
Potassium	2.26 mg	0%
Total Carbs	2.52 g	1%
Dietary Fiber	0.60 g	2%
Sugars	0.31 g	n/a
Protein	0.65 g	
Vitamin A - 9%	Vitamin C - 29%	
Calcium - 2%	Iron - 7%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	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	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	456.667 IU
Vitamin A	91.326 RE

Water Soluble Vitamins	
Thiamin B1	0.002 mg
Riboflavin B2	0.000 mg
Niacin B3	0.000 NE
Niacin B3	0.004 mg
Pyridoxine B6	0.008 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.004 mg
Vitamin C	17.427 mg
Folic Acid	0.017 mcg

Minerals	
Phosphorus	0.863 mg
Zinc	0.006 mg
Magnesium	0.141 mg
Copper	0.002 mg
Selenium	0.000 mg
Iron	1.332 mg
Calcium	21.788 mg
Manganese	0.009 mg
Iodine	8.820 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.