

# RECIPE ANALYSIS

Recipe Name : D-16  
Serving Size : 1 Fillet

Recipe Desc : Lemon Pepper Baked Cod  
Prep Time :

Author :  
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 1 Fillet		
Amount Per Serving		
<b>Calories 164.24</b>	<b>Calories from Fat 34.36</b>	
% Daily Value		
<b>Total Fat</b>	<b>3.82 g</b>	<b>6%</b>
Saturated	0.85 g	4%
PolyUnSat	1.15 g	n/a
MonoUnSat	0.18 g	n/a
<b>Cholesterol</b>	<b>73.14 mg</b>	<b>24%</b>
<b>Sodium</b>	<b>124.78 mg</b>	<b>5%</b>
<b>Potassium</b>	<b>702.70 mg</b>	<b>20%</b>
<b>Total Carbs</b>	<b>0.11 g</b>	<b>0%</b>
Dietary Fiber	0.05 g	0%
Sugars	0.00 g	n/a
<b>Protein</b>	<b>30.32 g</b>	
Vitamin A - 4%	Vitamin C - 3%	
Calcium - 3%	Iron - 4%	
Vitamin E - n/a	Thiamin - 8%	
Riboflavin - 7%	Niacin - 17%	
Vitamin B6 - 21%	Folic Acid - 3%	
Vitamin B12 - 26%	Pantothenic Acid - 2%	
Phosphorous - 35%	Magnesium - 14%	
Zinc - 5%	Copper - 3%	
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	190.823 IU
Vitamin A	44.927 RE

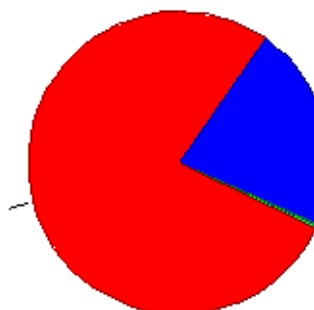
Water Soluble Vitamins	
Thiamin B1	0.120 mg
Riboflavin B2	0.120 mg
Niacin B3	0.000 NE
Niacin B3	3.480 mg
Pyridoxine B6	0.420 mg
Cobalamin B12	1.560 mcg
Pantothenic Acid	0.240 mg
Vitamin C	1.780 mg
Folic Acid	11.880 mcg

Minerals	
Phosphorus	345.313 mg
Zinc	0.780 mg
Magnesium	54.420 mg
Copper	0.060 mg
Selenium	0.000 mg
Iron	0.715 mg
Calcium	28.105 mg
Manganese	0.000 mg
Iodine	0.000 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.