

RECIPE ANALYSIS

Recipe Name : D-28
Serving Size : 1 filet

Recipe Desc : Mediterranean Baked Cod
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 filet		
Amount Per Serving		
Calories 265.29	Calories from Fat 33.44	
% Daily Value		
Total Fat	3.72 g	6%
Saturated	0.58 g	3%
PolyUnSat	0.78 g	n/a
MonoUnSat	1.96 g	n/a
Cholesterol	73.14 mg	24%
Sodium	670.14 mg	28%
Potassium	754.70 mg	22%
Total Carbs	16.94 g	6%
Dietary Fiber	2.52 g	10%
Sugars	4.66 g	n/a
Protein	32.02 g	
Vitamin A - 12%	Vitamin C - 33%	
Calcium - 9%	Iron - 13%	
Vitamin E - n/a	Thiamin - 9%	
Riboflavin - 8%	Niacin - 18%	
Vitamin B6 - 24%	Folic Acid - 3%	
Vitamin B12 - 26%	Pantothenic Acid - 2%	
Phosphorous - 36%	Magnesium - 15%	
Zinc - 6%	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	n/a
Vitamin D	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.136 mcg
Vitamin A	599.797 IU
Vitamin A	126.301 RE

Water Soluble Vitamins	
Thiamin B1	0.138 mg
Riboflavin B2	0.129 mg
Niacin B3	n/a
Niacin B3	3.509 mg
Pyridoxine B6	0.474 mg
Cobalamin B12	1.560 mcg
Pantothenic Acid	0.240 mg
Vitamin C	19.606 mg
Folic Acid	11.880 mcg

Minerals	
Phosphorus	355.052 mg
Zinc	0.839 mg
Magnesium	58.049 mg
Copper	0.060 mg
Selenium	0.000 mg
Iron	2.344 mg
Calcium	89.318 mg
Manganese	0.048 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



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.