

RECIPE ANALYSIS

Recipe Name : D-15
Serving Size : 1 Fillet

Recipe Desc : Parmesan Baked Cod
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 Fillet		
Amount Per Serving		
Calories 252.73	Calories from Fat 30.99	
% Daily Value		
Total Fat	3.44 g	5%
Saturated	1.21 g	6%
PolyUnSat	0.63 g	n/a
MonoUnSat	0.22 g	n/a
Cholesterol	78.71 mg	26%
Sodium	348.23 mg	15%
Potassium	702.54 mg	20%
Total Carbs	19.03 g	6%
Dietary Fiber	0.92 g	4%
Sugars	1.25 g	n/a
Protein	35.05 g	
Vitamin A - 2%	Vitamin C - 3%	
Calcium - 11%	Iron - 12%	
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	n/a
Vitamin D	2.500 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	83.823 IU
Vitamin A	23.556 RE

Water Soluble Vitamins	
Thiamin B1	0.120 mg
Riboflavin B2	0.120 mg
Niacin B3	n/a
Niacin B3	3.480 mg
Pyridoxine B6	0.420 mg
Cobalamin B12	1.560 mcg
Pantothenic Acid	0.240 mg
Vitamin C	1.783 mg
Folic Acid	11.880 mcg

Minerals	
Phosphorus	345.300 mg
Zinc	0.780 mg
Magnesium	54.420 mg
Copper	0.060 mg
Selenium	0.000 mg
Iron	2.073 mg
Calcium	109.775 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

Source Of Calories

