

# RECIPE ANALYSIS

Recipe Name : D-25  
Serving Size : 1 fillet w/toma

Recipe Desc : Tomato Basil Baked Cod  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 fillet w/toma		
Amount Per Serving		
<b>Calories 242.89</b>	<b>Calories from Fat 50.58</b>	
% Daily Value		
<b>Total Fat</b>	<b>5.62 g</b>	<b>9%</b>
Saturated	0.64 g	3%
PolyUnSat	0.70 g	n/a
MonoUnSat	3.20 g	n/a
<b>Cholesterol</b>	<b>90.05 mg</b>	<b>30%</b>
<b>Sodium</b>	<b>274.86 mg</b>	<b>11%</b>
<b>Potassium</b>	<b>0.00 mg</b>	<b>0%</b>
<b>Total Carbs</b>	<b>4.41 g</b>	<b>1%</b>
Dietary Fiber	1.63 g	7%
Sugars	1.91 g	n/a
<b>Protein</b>	<b>41.13 g</b>	
Vitamin A - 11%	Vitamin C - 15%	
Calcium - 6%	Iron - 8%	
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	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	531.473 IU
Vitamin A	106.275 RE

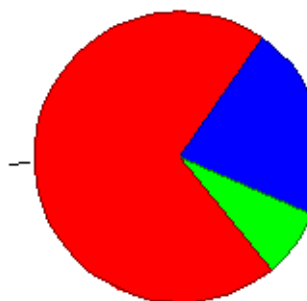
Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.000 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	9.293 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	1.467 mg
Calcium	62.722 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**



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.