Lemon Garlic Baked Cod

Nutrition Facts

Serving Size: 1/3 of Package (0.0g)
Servings Per Container: 3

Amount Per Serving

Calories 230	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12**%
Saturated Fat 1.5g	**8**%
Trans Fat 0g	
Cholesterol 80mg	**27**%
Sodium 1010mg	**42**%
Total Carbohydrate 10g	**3**%
Dietary Fiber 3g	**12**%
Sugars 3g	
Sugar Alcohol 0g	
Protein 28g	

Vitamin A 25%	•	Vitamin C 30%
Calcium 6%	•	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

CONTAINS: SOY, COD

VALUES ARE FOR ENTREE AND DO NOT INCLUDE VALUES FOR SIDE ITEMS (RICE, PASTA, POTATOES, ETC).

MODIFICATIONS TO THE ORIGINAL RECIPE (LOW SODIUM, INGREDIENT SUBSTITUTIONS, ETC) WILL GREATLY ALTER THESE NUTRITIONAL FACTS