Parmesan Herb Crusted Cod Lighter Fixin's

Nutrition Facts

Serving Size: 1 Piece Prepared (0.0g)
Servings Per Container: 3

Amount Per Serving

Calories 230 — Calories from Fat 80

	% Daily Value*
Total Fat 9g	**14**%
Saturated Fat 3g	**15**%
Trans Fat 0g	
Cholesterol 85mg	**28**%
Sodium 990mg	**41**%
Total Carbohydrate 5g	**2**%
Dietary Fiber 0g	**0**%
Sugars <1g	
Sugar Alcohol 0g	
Protein 29g	

Vitamin A 20% • Vitamin C 0%

Calcium 10% • Iron 2%

* 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: MILK, WHEAT, 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