

# Parmesan Herb Crusted Cod Gluten Free

## Nutrition Facts

Serving Size: 1 Piece Prepared (0.0g)

Servings Per Container: 3

### Amount Per Serving

**Calories** 290      Calories from Fat 160

**% Daily Value\***

**Total Fat** 17g      **26%**

Saturated Fat 4g      **20%**

Trans Fat 0g

**Cholesterol** 85mg      **28%**

**Sodium** 1050mg      **44%**

**Total Carbohydrate** 3g      **1%**

Dietary Fiber 0g      **0%**

Sugars 0g

Sugar Alcohol 0g

**Protein** 29g

Vitamin A 30%      •      Vitamin C 2%

Calcium 10%      •      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: MILK, 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