

Parmesan Herb Crusted Cod

Nutrition Facts

Serving Size: 1 Piece Prepared (0.0g)

Servings Per Container: 3

Amount Per Serving

Calories 300 Calories from Fat 160

% Daily Value*

Total Fat 17g **26%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 1030mg **43%**

Total Carbohydrate 4g **1%**

Dietary Fiber 0g **0%**

Sugars 0g

Sugar Alcohol 0g

Protein 29g

Vitamin A 30% • 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