

Chef Dudash Nutrition

000477 - A-Soy-Honey Cod w Lemon

Source:

Number of Portions: 4

Size of Portion: 1 serving

- 900256s Fish, cod, Pacific, untreated, raw..... 1 LB
- 009156 LEMON PEEL,RAW..... 2 TSP
- 009152 LEMON JUICE,RAW..... 4 wedge yields
- 016424 SOY SAU MADE FROM SOY&WHEAT (SHOYU),LO NA.... 4 1/2 TSP
- 019296 HONEY..... 2 TSP
- 004058 OIL,SESAME,SALAD OR COOKING..... 2 TSP
- 011216 GINGER ROOT,RAW..... 1 TSP
- 002031 PEPPER,RED OR CAYENNE..... 1/8 TSP

Calories	118	Iron	0.35 mg	Protein	20.26 g	68.63%	Cals from Prot
Cholesterol	52 mg	Calcium	29 mg	Carbohydrates	4.21 g	14.25%	Cals from Carb
Sodium	323 mg	Vitamin A	25 IU	Total Fat	2.51 g	19.16%	Cals from T Fat
Dietary Fiber	0.21 g	Vitamin A	2 RE	Saturated Fat	0.37 g	2.83%	Cals from S Fat
		Vitamin C	4.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat
* - Denotes Missing Nutrient Values							

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.