

Parmesan Encrusted Tilapia



Nutrition Facts

Serving Size: 6 oz. (170g/ 1 fillet + sauce)

Servings per Container: 2

Amount per Serving

Calories 280 Calories from Fat 90

		% Daily Value*
Total Fat	10g	15%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	55mg	18 %
Sodium	750mg	31%
Total Carbohydrate	23g	8%
Dietary Fiber	1g	4%
Sugars	2g	
Protein	23g	

Vitamin A 2% Vitamin C 2% Calcium 2% 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

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4