

# Baked Tilapia

Number of Servings: 1 (86.06 g per serving)

Weight: 86.06 g

Ingredient	Comments
Fish, tilapia, bkd/brld	
Seasoning will vary	

Nutrition Facts	
Serving Size 1 Fillet (86g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 430mg</b>	<b>18%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 22g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%
*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
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9    • Carbohydrate 4    • Protein 4	

Provided by: St. Norbert College Dining Services using ESHA Food Processor 10.1 software

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