

# Blazin' Cajun Red Fish

Number of Servings: 1 (92.62 g per serving)

Ingredient	Comments
Fish, snapper, fillet, raw, mixed species	
Flour, all purpose, bleached, enrich	
Salt, seasoned, w/black pepper	
Pepper, black	
Garlic Powder	
Seasoning, lemon pepper	
Seasoning, Cajun	

Nutrition Facts	
Serving Size 1 (3oz) Fillet (93g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 2080mg</b>	<b>87%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein 16g</b>	
Vitamin A 2%	• Vitamin C 2%
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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