

Parmesan Encrusted Tilapia Fillets

Nutrition Facts	
Serving Size 4oz (113g)	
Servings per container Varies	
Amount Per Serving	
Calories 250	Calories from Fat 0
% Daily Value*	
Total Fat 6 g	9 %
Saturated Fat 1.5 g	3 %
Trans Fat 0 g	
Cholesterol 30 mg	10 %
Sodium 720 mg	30 %
Total Carbohydrate 35 g	12 %
Dietary Fiber 1 g	4 %
Sugars 1 g	
Protein 15 g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric 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