

# Garlic Herb Cod

Baked garlic crusted cod with fresh pineapple and mango salsa, served with wild rice pilaf and vegetable medley.



WIMS #: 23034

Allergens: eggs fish, milk, soy, wheat

Garlic Herb Cod with Rice Pilaf And Vegetables	
<b>Nutrition Facts</b>	
Serving size 1 meal (352 g)	
Servings per container 1	
Amount per serving	
<b>Calories</b> 580	
Calories from fat 120	
	% Daily Value *
<b>Total fat</b> 13 g	20%
Saturated fat 2 g	10%
Trans fat 0 g	
<b>Cholesterol</b> 55 mg	19%
<b>Sodium</b> 1550 mg	65%
<b>Total carbohydrates</b> 87 g	29%
Dietary fiber 5 g	18%
Sugars 10 g	
<b>Protein</b> 16 g	
Vitamin A 30%	• Vitamin C 30%
Calcium 20%	• Iron 25%
* % Daily Values are based on a 2000 calorie diet.	
© 2019 MenuTrinfo, LLC	