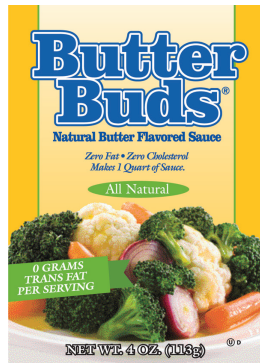


New Orleans Buttery Fish Fillet



Low in fat
Zero trans fat
Zero cholesterol

New Orleans Buttery Fish Fillet

Number of portions: **1** Size of portion: **Each**

Ingredient	Measure	Procedure
Atlantic Cod, or other mild fish	1 fillet	Dredge fish through Butter Buds dry mix, or sprinkle lightly. Place on sheet pan sprayed with Buttermist spray.
Butter Buds,® dry mix	1 tbsp.	Spray top of fish with buttermist spray.
Buttermist® food & pan Spray	1 spray(s)	Bake at 350°F for 15-20 minutes depending on thickness of fish fillet. For additional flavor, sprinkle with curry, dill, or favorite seasoning.
		Serving is one 3 oz. fish fillet.

Nutritional Information

Calories	219 kcal	Iron	0.88 mg	Protein	41.14 g	75.00% Calories from protein
Cholesterol	99.33 mg	Calcium	36.96 mg	Carbohydrates	6.00 g	10.94% Calories from carbohydrates
Sodium	349.74 mg	Vitamin A	92.40 IU	Total Fat	6.35 g	1.12% Calories from total fat
Dietary Fiber	0.00 g	Vitamin A	27.72 RE	Saturated Fat	0.30 g	1.24% Calories from saturated fat
Water ¹	187.62 g	Vitamin C	2.31 mg	Trans Fat ¹	*0.00* g	*N/A*% Calories from trans fat
Ash ¹	2.68 g					

Note: *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values