

Battered Cod Sandwich

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield	1	Sandwich	Prep
Portion	1	Sandwich	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts	
Serving Size 1 Sandwich	
Servings Per Container 1	
Amount Per Serving	
Calories 434 Calories From Fat 147	
% Daily Value	
Total Fat 16g	24%
Saturated Fat 3g	13%
Cholesterol 45mg	15%
Sodium 690mg	29%
Total Carbohydrates 46g	15%
Dietary Fiber 3g	11%
Protein 20g	
Vitamin A 9%	Vitamin C 10%
Calcium 3%	Iron 11%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

High in Protein
Good Source of Vitamin C
Good Source of Iron
Good Source of Carbohydrates
Good Source of Fiber