

ICE ATLANTIC FRESH COD

	OZ	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT FAT	TRANS FAT/ SLICE	CHOLESTERAL MG	SODIUM MG	TOTAL CARBS 1 SLICE G	DIETARY FIBER G	SUGARS G	PROTEIN G	VITAMIN A %	VITAMIN C %	CALCIUM MG	IRON MG
3" BRIOCHE BUN	1.1	100	35	1.5	1	0	5	140	15	1	3	3	0	0	30	0.4
COD	2.8	230	130	15	3	0	35	550	10	0	0	14	0	0	2	2
LETTUCE	0.025	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
PICKLES	0.0	1.25	0	0	0	0	0	65	0.25	0	0	0	0	0	0	0
SAVVY SAUCE	0.3	52.8	49.5	5.6	0.8	0	5	89.1	1	0	0.7	0	0	0	0	0
TOTAL	4.2	384.1	214.5	22.1	4.8	0	40	844.1	26.2	1	3.7	17	0	0	32	2.4