

# FRESH ENGLISH COD

	OZ	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT FAT	TRANS FAT/ SLICE	CHOLESTEROL MG	SODIUM MG	TOTAL CARBS 1 SLICE G	DIETARY FIBER G	SUGARS G	PROTEIN G	VITAMIN A %	VITAMIN C %	CALCIUM MG	IRON MG
<b>3" BRIOCHE BUN</b>	1.1	100	35.0	1.5	1.0	0	5.0	140.0	15.0	1.0	3.0	3.0	0	0	30.0	0.4
<b>COD</b>	2.8	230	130	15	3	0	35	550	10	0	0	14	0	0	2	2
<b>LETTUCE</b>	0.025	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>AMERICAN CHEESE</b>	0.5	50	35	4	2.5	0	12.5	220	1	0	0.5	2.5	0.04	0	0.075	0
<b>PICKLES</b>	0.33	1.25	0	0	0	0	0	65	0.25	0	0	0	0	0	0	0
<b>SAVVY SAUCE</b>	0.3	79.2	74.3	8.4	1.2	0	7.4	133.7	1.5	0	0.8	0	0	0	0	0
<b>TOTAL</b>	<b>5.055</b>	<b>460.45</b>	<b>274.3</b>	<b>28.9</b>	<b>7.7</b>	<b>0</b>	<b>59.9</b>	<b>1,108.7</b>	<b>27.75</b>	<b>1.0</b>	<b>4.3</b>	<b>19.5</b>	<b>0.04</b>	<b>0</b>	<b>32.075</b>	<b>2.4</b>