

# ENGLISH COD

	OZ	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT FAT	TRANS FAT/ SLICE	CHOLESTERAL MG	SODIUM MG	TOTAL CARBS 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	1.5	1	0	5	140	15	1	3	3	0.0415	0	30	0.4
<b>COD</b>	2.75	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>	0.025	1.25	0	0	0	0	0	65	0.25	0	0	0	0	0	0	0
<b>BOOM SAUCE</b>	1	150	100	16	2.5	0	15	250	0	2	0	2	0	0	0	0
<b>TOTAL</b>	<b>5.4</b>	<b>531.25</b>	<b>300</b>	<b>36.5</b>	<b>9</b>	<b>0</b>	<b>67.5</b>	<b>1225</b>	<b>26.25</b>	<b>3</b>	<b>3.5</b>	<b>21.5</b>	<b>0.0815</b>	<b>0</b>	<b>32.075</b>	<b>2.4</b>
<b>ADD ITEMS</b>																
<b>2ND PATTY</b>	2.75	230	130	15	3	0	35	550	10	0	0	14	0	0	2	2
<b>BACON</b>	0.75	100	72	0.0745	2.925	0	20.27	359.5	0.9	0	1.425	5.595	0.065	0.205	0.04	0
<b>FRIED EGG</b>	1.62	92	45	6.8	1.97	0	184.5	95.2	69.9	0.4	0	0.38	6.27	10	0	2
<b>AVOCADO</b>	1.5	161	134	14.73	2.137	0	0	7	8.57	6.7	0.66	2.01	1	11	1	0