



# Baked Fish

**Nutrition Facts Report**  
**Source:** Axya Systems

**Yield:** 4 (3.000 ounce(s))  
**No. Ingredients:** 2

**Category:** Combination Food, Dish, Fish  
**Manufacturer:** (None)

## Ingredients

- 1 lb cod fillets, fresh or frozen
- 4 Tbsp cheddar cheese

## Nutrition Facts

Serving Size 3.00 ounce(s) (85g)

Amount Per Serving

<b>Calories</b>	121	<b>Calories from Fat</b>	27
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% Daily Value

<b>Total Fat</b>	3.0g		5 %
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Saturated Fat	1.6g		8 %
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Trans Fat			
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<b>Cholesterol</b>	55.7mg		19 %
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<b>Sodium</b>	105.1mg		4 %
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<b>Total Carbohydrate</b>	0.1g		0 %
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Dietary Fiber	0.0g		0 %
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Sugars	0.1g		
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<b>Protein</b>	22.0g		
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Vitamin A	2 %	Calcium	7 %
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Vitamin C	2 %	Iron	3 %
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## Instructions

1. Thaw cod according to package directions.
2. Prepare cod according to package directions.
3. After cod is fully cooked, sprinkle cheese on cod. Return cod to oven to melt cheese, about 3 to 5 minutes.

## HACCPs

- Cook fish to 145° F (63° C) or above for 15 seconds.
- Wash hands after handling soiled equipment or utensils.