



Lemon Red Snapper

Low sodium.

Number of Servings: 2

Calories Per Serving: 182

PCF Ratio: 81-4-16

Single Serving Comment: 1/2 of total recipe

Cooking Instructions

Ingredients:

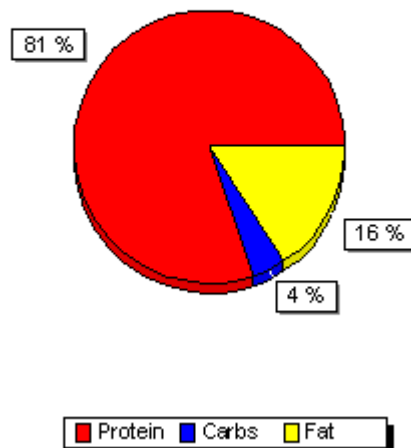
- 1 tsp Olive Oil
 - 340g Red Snapper
 - 1/8 cup raw Lemon Juice
 - 1/8 cup raw Parsley
- (serves 2)

- 1) Heat oil in a heavy nonstick pan over medium high heat.
- 2) Saute snapper 3-4 minutes per side or until the fish flakes easily.
- 3) Carefully move the fillets to a serving platter.
- 4) Remove any excess drippings from the pan. Add the lemon juice and heat.
- 5) Remove from heat and stir in the chopped parsley.
- 6) Serve the lemon sauce over the fish.

Notes:

- a) The red snapper should be four equal-sized fillets of approximately 6 oz each.
- b) The parsley should be chopped finely.

81-4-16 Ratio



Nutrition Information

Serving Size: 1/2 of total recipe (190g)

Servings: 1

Amount Per Serving

Calories 180 Calories from Fat 30

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1g 3%

Cholesterol 65mg 21%

Sodium 110mg 5%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 1%

Sugars 0g

Protein 35g

Vitamin A 10% Vitamin C 25%

Calcium 6% Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
OLIVE OIL	salad or cooking	1 tsp	2	13.3							

Lemon Red Snapper (continued)

SNAPPER, RAW	mixed species	12 oz	340	340	69.7									
LEMON JUICE, RAW		1/8 cup	31	7.6	.1	2.6	.7							
PARSLEY, RAW		1/8 cup	8	2.7	.2	.5	.1							
Recipe Total:			380	363.6	70.1	3.1	.8							
Single Serving Total:			95	181.8	35	1.6	.4							

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Ribofla- vin (mg)	Niacin (mg)
OLIVE OIL				1.5	.2	.0	.1							
SNAPPER, RAW				4.6	1	1.1	.2	125.8		102	340	.2	.0	1
LEMON JUICE, RAW			.1							.3	5.8			.0
PARSLEY, RAW			.2	.1						31.6	631.8			.1
Recipe Total:			.4	6.1	1.2	1.1	.4	125.8		133.9	977.6	.2	.0	1.1
Single Serving Total:			.2	3.1	.6	.5	.2	62.9		66.9	488.8	.1	.0	.5

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folate DFE (mcg DFE)	Folic Acid (mcg)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
OLIVE OIL											.2		.0	
SNAPPER, RAW	2.5	1.4	17	17	17	10.2			5.4		1.7		108.8	108.8
LEMON JUICE, RAW	.0	.0	4	4	4				14		.0		2.1	1.8
PARSLEY, RAW	.0		11.4	11.4	11.4				10		.1		10.4	3.8
Recipe Total:	2.6	1.4	32.4	32.4	32.4	10.2			29.4		2		121.3	114.4
Single Serving Total:	1.3	.7	16.2	16.2	16.2	5.1			14.7		1		60.7	57.2

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
OLIVE OIL		.0	.0										
SNAPPER, RAW	673.2	1417.8	217.6			.1			.6	.0		129.9	1.2
LEMON JUICE, RAW	1.8	37.8	.3									.0	.0
PARSLEY, RAW	4.3	41.5	4.2			.0			.5	.0			.1
Recipe Total:	679.4	1497.2	222.1			.1			1.1	.1		129.9	1.3
Single Serving Total:	339.7	748.6	111.1			.1			.5	.0		65	.7