

BUTTER BUDS®

NEW ORLEANS BUTTERY FISH FILLET

Number of portions: 1 Size of portion: Each

Atlantic Cod, or other mild fish	1 fillet	Dredge fish through Butter Buds® dry mix, or sprinkle lightly. Place on sheet pan sprayed with Buttermist® spray.
Butter Buds® , dry mix	1 tbsp	Spray top of fish with Buttermist® spray.
Buttermist® food & pan spray	1 spray	Bake at 350°F for 15-20 minutes depending on thickness of fish fillet. For additional flavor, sprinkle with curry, dill, or favorite seasoning.

Serving is one 3 oz. fish fillet.

Nutritional Information

Calories 219 kcal Iron 0.88 mg Protein 41.14 g 75.00% Calories from protein Cholesterol 99.33 mg Calcium 36.96 mg Carbohydrates 6.00 g 10.94% Calories from carbohydrates Sodium 349.74 mg Vitamin A 92.40 IU Total Fat 6.35 g 1.12% Calories from total fat Dietary Fiber 0.00 g Vitamin A 27.72 RE Saturated Fat 0.30 g 1.24% Calories from saturated fat Water¹ 187.62 g Vitamin C 2.31 mg Trans Fat¹ *0.00* g *N/A*% Calories from trans fat Ash¹ 2.68 g

*Note: *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes optional nutrient values