Cilantro Coconut Tilapia
University of Illinois

Nutrition Facts
Serving Size 5 oz (142g)
Servings Per Container 45

Amount Per Serving
Calories 479 Calories From Fat 118

% Daily Value
Total Fat 13g 20%
Saturated Fat 11g 51%
Trans Fat 0g
Cholesterol 76mg 25%
Sodium 257mg 11%
Total Carbohydrates 41g 14%
Dietary Fiber 1g 5%
Protein 36g

Vitamin A 0% Vitamin C 0%
Calcium 0% Iron 2%

* Percent Daily Values are based on a 2000 calorie diet.