Recipe Comment
Five Star Catering; Sharky’s Fish Fry

This recipe serving does not meet the ADA Nutrition Guiding Principles for a meal.
- Fiber is 2.8 g and the guide is > 5 g; and a meal needs to have two servings of non-starchy vegetables.
- Suggest: changing the white rice to brown and adding a serving of non-starchy vegetables (for example, baby carrots or salad greens).

Basic Nutritional Values:
Calories
Calories from Fat 120
Total Fat 13.0 g
  Saturated Fat 3.7 g
  Trans Fat 0.1 g
Cholesterol 205 mg
Sodium 440 mg
Potassium 810 mg
Total Carbohydrate 75 g
  Dietary Fiber 3 g
  Sugars 7 g
  Added Sugars 0 g
Protein 44 g
Phosphorus 465 mg