



# FAVORITE FISHWICHES

**Nutrition Facts Report**  
**Source:** Custom

**Yield:** 4 (1.000 item(s))  
**No. Ingredients:** 10

**Category:** Basic Food  
**Manufacturer:** (None)

## Ingredients

0.500 c. Reduced Fat Mayonnaise-type Salad Dressing  
2.000 T. Sweet Pickle Relish  
1.000 T. Onions, Chopped  
2.000 t. Lemon Juice  
16.000 oz. Tilapia, Raw  
2.000 T. Corn Oil  
1.000 T. OLD BAY SEAFOOD SEASONING  
4.000 pc. Iceberg Lettuce  
4.000 sl. Red Tomato  
8.000 sl. Nature's Own 100% Whole Wheat Bread

## Nutrition Facts

Serving Size 1.00 item(s) (225g)

Amount Per Serving

**Calories** 369      **Calories from Fat** 164

% Daily Value

**Total Fat** 18.2g      28 %

Saturated Fat 1.9g      10 %

Trans Fat 0.0g

**Cholesterol** 56.2mg      19 %

**Sodium** 674.5mg      28 %

**Total Carbohydrate** 28.6g      10 %

Dietary Fiber 4.5g      18 %

Sugars 4.0g

**Protein** 31.5g

Vitamin A 7 %      Calcium 2 %

Vitamin C 7 %      Iron 5 %

## Instructions