

KingFish Nutrition Facts

Protein	Serv. size	Wt. (oz)	cal-ories	cal.-from fat	Tot. fat (g)	Sat. fat (g)	Chol. (mg)	Sod. (mg)	Carbs (g)	protein (g)
Baked Whitefish(Icelandic Cod)	1 pc.	5	112.5	12.5	1.25	0	62.5	75	0	25
Scallops(grilled or baked)	10-12 pcs	6.5	134		0	0	50.3	452	3.35	26.8
Icelandic 6oz. Salmon	1 pc.	6	242	97	10.8	1.7	94	75	0	34
Grilled Albacore Tuna Steak	1 pc.	5	246	93	10.3	2.85	54	73		
Regular Shrimp Cocktail	10 pcs.	4.5	120	15	1.5	0	248	285		
Large Shrimp Cocktail	20 pcs.	9	240	30	3	0	496	570		
Broiled Lobster Tail	1 tail	9	234	27	2.74	0	144	360		
Grilled Trout	1 pc.	8	280	100	12	3	130	80	0	46
Red King Crab Legs (1 pound)	3 legs	16	239	30	4.48	0	134	2688		
butter									0	
Honey Mustard Dressing	2 tblspn	1.1	140	110	13	2	15	180	6	0
<p>Note - we now serve our dressings in larger cups than in the past, but only give one per salad instead of 2 smaller cups. The new cups are 3.25 ounces but are only filled 3/4 full (or 2.44 ounces). This would convert to the following.</p>										
		2.44	310	244	28.8	4.44	33	399	13	0
Rice Pilaf		2 oz.	200		0.5					
Sweet Corn Cobette	5.5 in	1	180		1.5					
Baked Potato	med	1	100		0					