



825078 - Fish Taco

Source: K12 Culinary
 Number of Portions: 40
 Size of Portion: each

Components:

Meat/Alt: 2 oz
 Grains: 1.75 oz
 Fruit:
 Vegetable:
 Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826194 Tortilla, Wheat, 8in, Mission 33824.....	40 each, 1.8oz(CN=1.75G)	Thaw tortillas at room temperature at least overnight. Proper thawing will aid in handling the product without breaking and cracking.
825052R Taco Dip.....	1 qt	Prepare school made Taco Dip according to recipe #825052. Use a no. 40 disher to portion approximately 2 Tbsp dip into a 2 oz portion cup. CCP: Hold at 41° F or lower.
826949 CATFISH, BREADED, STRIPS, PARTIALLY-FRIE....	10 lbs	Line sheet pans with parchment paper or spray with food release. Place catfish strips on prepared pans leaving at least 1 inch between each piece for proper browning. Bake according to the manufacturer's instructions. Do not overcook! CCP: Heat to 145° F or higher for at least 15 Seconds CCP: Hold at 135° F or higher.

		<p>To assemble for just in time service, use tongs to place two catfish strips (2 oz each) in the center of each thawed tortilla. Fold tortilla over the two fish portions.</p> <p>Serve 1 Fish Taco and 1 portion cup of Taco Dip.</p> <p>Menu recommendations: Offer Pineapple Jalapeno Slaw, Pico Cup, Salsa Cup, or school made Lime Yogurt Dip as an additional condiments according to instructions from the menu planner.</p> <p>Important note: This recipe was based on each 2 oz filet crediting for 1 oz eq M/MA. Please use the CN label or product formulation statement to confirm crediting information on the fish product received. Crediting may vary requiring recipe adjustment.</p> <p>Note: This menu item does not provide adequate 2 oz eq grain for grades 9-12 lunch; an additional tortilla or tortilla chips could be offered. Follow instructions from the menu planner. CCP: Hold for hot service at 135° F or higher.</p>
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*Nutrients are based upon 1 Portion Size (each)

Calories	370	kcal	Cholesterol	52	mg	Sugars	*2.7*	g	Calcium	105.88	mg	32.18%	Calories from Total Fat
Total Fat	13.22	g	Sodium	466	mg	Protein	21.15	g	Iron	1.13	mg	7.91%	Calories from Saturated Fat
Saturated Fat	3.25	g	Carbohydrates	39.71	g	Vitamin A	21.2	IU	Water ¹	*19.30*	g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	Dietary Fiber	2.04	g	Vitamin C	0.0	mg	Ash ¹	*0.20*	g	42.96%	Calories from Carbohydrates
												22.88%	Calories from Protein

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
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.