

Idaho Child Nutrition Programs

Recipe: 000014 Fish Tacos K-8

Recipe Source: Chef Brenda
 Recipe Group: ENTREES

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 1 Taco

Recipe HACCP Process:

011980 PEPPERS, CHILI, GRN, CND..... 011109 CABBAGE, GREEN, RAW..... 011112 CABBAGE, RED, RAW..... 009159 LIMES, RAW..... 011529 TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE..... 011291 ONIONS, SPRING OR SCALLIONS (INCL TOPS&BULB), R.....	2 CUP 2 LB, shredded 2 1/4 LB, shredded 10 fruit (2" dia) 13 1/4 LB 1 2/3 LB	Preheat oven. Prepare Ingredients: Drain green chili peppers. Toss shredded green and red cabbage together in a large bowl. Slice each lime into 10 slices. Dice tomatoes. Slice green onions.
001117 YOGURT, PLN, LOFAT, 12 GRAMS PROT PER 8 OZ..... 902383 Reduced Calorie Mayonnaise..... 009161 LIME JUICE, CND OR BTLD, UNSWTND..... 799902 CUMIN, GROUND..... 901071 OREGANO LEAVES, DRIED..... 002020 GARLIC POWDER..... 002047 SALT, TABLE.....	1 QT 1 QT 1/2 CUP 2 1/2 TBSP, whole 2 1/2 TBSP, leaves 2 1/2 TBSP 1 TSP	Prepare Fish Sauce: In a large bowl or mixer, mix yogurt, mayonnaise, lime juice, green chilies, cumin, oregano, garlic powder, and salt. Tip: Sauce will have the best flavor if made the day before. Store in refrigerator.
018363 TORTILLAS, RTB OR -FRY, CORN.....	100 tortilla (28g)	Warm Tortillas: Place a piece of parchment paper in a deep steam table pan. Wet two paper towels with water and make into a ball; place paper towel ball underneath the parchment paper in a corner of the steam table pan. Place tortillas in the steam table pan by staggering them on top of each other in groups of 12-15. Cover the pan with foil, place in warmer, and heat for 2 hours.
902366 Pollock Sticks (4 Sticks =112g).....	300 Sticks	Cook Fish Sticks: Follow manufacturer's instructions. Fish is done when it flakes apart easily and internal temperature reaches 155°F.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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050540 SALSA, LOW-SODIUM, CANNED.....	1/2 #10 CAN	Assemble Dish: In each tortilla, add 3 fish sticks, ¼ cup cabbage mix, ¼ cup diced tomatoes, 1 tbsp. sliced onions, and 1 ¾ tbsp. sauce. Garnish with 1 lime slice and 1 tbsp. salsa. Serve 1 taco.
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*Nutrients are based upon 1 Portion Size (1 Taco)

Calories	291 kcal	Cholesterol	40.74 mg	Protein	14.43 g	Calcium	79.98 mg	34.09%	Calories from Total Fat
Total Fat	11.04 g	Sodium	356.74 mg	Vitamin A	60.88 RE	Iron	2.07 mg	5.05%	Calories from Saturated Fat
Saturated Fat	1.63 g	Carbohydrates	34.96 g	Vitamin A	799.13 IU	Water ¹	*110.01* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	4.13 g	Vitamin C	22.48 mg	Ash ¹	*0.96* g	47.98%	Calories from Carbohydrates
								19.80%	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

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 1.500 oz				? - Milk
Grain..... 2.000 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.625 cup				? - Tree Nut
Milk..... cup				? - Fish
<u>Moisture & Fat Change</u>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011980	PEPPERS,CHILI,GRN,CND			
I	011109	CABBAGE,RAW			
I	011112	CABBAGE,RED,RAW			
I	009159	LIMES,RAW			
I	011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVER			
I	011291	ONIONS,SPRING OR SCALLIONS (INCL TOPS			
I	001117	YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8			

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I	902383	Reduced Calorie Mayonnaise			
I	009161	LIME JUC,CND OR BTLD,UNSWTND			
I	799902	CUMIN,GROUND			
I	901071	OREGANO LEAVES,DRIED			
I	002020	GARLIC POWDER			
I	002047	SALT, TABLE			
I	018363	TORTILLAS,RTB OR -FRY,CORN			
I	902366	Pollock Sticks (4 Sticks =112g)			
I	050540	SALSA, LOW-SODIUM, CANNED			

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