

# Idaho Child Nutrition Programs

**Recipe: 000066 Mozzarella Crusted Pollock K-12**

Recipe Source: Chef Brenda  
 Recipe Group: ENTREES

**Recipe HACCP Process:**

Alternate Recipe Name:  
 Number of Portions: 100  
 Size of Portion: 2.6 oz Wedge

011291 ONIONS, SPRING OR SCALLIONS (INCL TOPS&BULB), R.... 050341 CHEESE, MOZZARELLA, LMPS, FROZEN, LOAVES.....	1/4 LB 1 LB	Pre-Heat Ovens: Conventional Oven: Pre-heat to 425°F. Convection Oven: Pre-heat to 375°F.  Prepare Ingredients: Chop green onions. Shred mozzarella cheese.
902383 Reduced Calorie Mayonnaise..... 002020 GARLIC POWDER..... 002027 SPICES, OREGANO, DRIED..... 002003 SPICES, BASIL, DRIED..... 002047 SALT, TABLE..... 002030 PEPPER, BLACK.....	2 1/2 CUP 1 1/4 TBSP 2 TBSP, leaves 2 TBSP, leaves 1/2 TBSP 1/2 TBSP	Prepare Mozzarella Topping: In a mixer, using the paddle attachment, mix mayonnaise, onions, mozzarella, garlic powder, oregano, basil, salt and pepper.  Tip: Sauce is best if made one day ahead of time. Store in refrigerator.
902367 Pollock Wedge 2.6 oz Unbreaded.....	100 Wedge	Prepare Fish: Do not thaw. Spread 1 ¼ tbsp. of mozzarella topping across the top of each frozen pollock piece.

**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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		<p><b>Bake Fish:</b> Place parchment paper on a shallow metal baking sheet. Place fish portions on pan, leaving space between pieces.</p> <p>Conventional Oven: Bake at 425°F for 20-25 minutes. Convection Oven: Bake at 375°F for 15-20 minutes.</p> <p>Fish is done when it flakes apart easily and internal temperature reaches 155°F.</p>
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\*Nutrients are based upon 1 Portion Size (2.6 oz Wedge)

Calories	95 kcal	Cholesterol	56.40 mg	Protein	14.24 g	Calcium	76.10 mg	32.42%	Calories from Total Fat
Total Fat	3.42 g	Sodium	157.67 mg	Vitamin A	5.96 RE	Iron	0.46 mg	9.27%	Calories from Saturated Fat
Saturated Fat	0.98 g	Carbohydrates	0.83 g	Vitamin A	36.33 IU	Water <sup>1</sup>	*1.04* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	0.09 g	Vitamin C	*0.22* mg	Ash <sup>1</sup>	*0.12* g	3.49%	Calories from Carbohydrates
								60.03%	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  
<sup>1</sup> - denotes optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 2.000 oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
<b>Moisture &amp; Fat Change</b>				? - 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	011291	ONIONS, SPRING OR SCALLIONS (INCL TOPS			
I	050341	CHEESE, MOZZARELLA, LMPS, FROZEN, LOA			
I	902383	Reduced Calorie Mayonnaise			

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I	002020	GARLIC POWDER			
I	002027	SPICES,OREGANO,DRIED			
I	002003	SPICES,BASIL,DRIED			
I	002047	SALT, TABLE			
I	002030	PEPPER,BLACK			
I	902367	Pollock Wedge 2.6 oz Unbreaded			

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