

# Idaho Department of Education

**Recipe: 000171 Malibu Pollock K-12**

Recipe Source:  
Recipe Group: ENTREES

**Recipe HACCP Process:**

Alternate Recipe Name:  
Number of Portions: 100  
Size of Portion: 1 Wedge and 1/2 Cup peach salsa

799935 PEPPERS,MILD GRN CHILI,CND,DRND..... 902457 USDA Peaches, Canned, Slice, Extra Lit 110236..... 011282 ONIONS,RAW..... 902365 Cilantro, Fresh.....	50 1/2 OZ 3 1/2 #10 Can 3 1/4 LB 2 CUP	Preheat oven: conventional oven 425°F; convection oven to 375°F.  <u>Prepare Ingredients:</u> Drain green chili peppers and peaches. Dice onions and peaches. Chop cilantro.
902449 USDA Tomatoes, Diced, NSA, CND, #10 100329..... 902436 Green Pepper, Diced, Frozen..... 009160 LIME JUICE,RAW..... 002047 SALT,TABLE..... 002030 PEPPER,BLACK..... 902367 USDA Pollock Wedge 2.6oz Unbread (Processed)....	1 # 10 Can 3 1/2 LB 1/2 CUP 2 TBSP 1 TSP, ground 100 Wedge	<u>Prepare Salsa:</u> In a large mixer, using the whip attachment, mix drained and diced peaches, undrained tomatoes, green peppers, onions, drained green chili peppers, cilantro, lime juice, salt and black pepper. Do not over mix. Fruits and vegetables must be identifiable chunks to count as fruit and vegetable equivalents.  <u>Assemble and Cook Pollock Dish:</u> In 5 deep, full-size steam table pans, place 20 Pollock wedges into each pan. Evenly distribute peach salsa over fish. Add an additional 5-8 minutes to the cooking time to the manufacturer's instructions for cooking this dish. Fish is done when it flakes apart easily and internal temperature reaches 155°F. Note: DO NOT OVERCOOK POLLOCK, as it will change the quality of the fish.  <u>Serve Dish:</u> Use a slotted ladle to serve 1/2 cup peach salsa over each piece of fish.

\*Nutrients are based upon 1 Portion Size (1 Wedge 1/2 Cup)

Calories	124 kcal	Cholesterol	50.00 mg	Protein	13.93 g	Calcium	*63.46* mg	4.85%	Calories from Total Fat
Total Fat	0.67 g	Sodium	268.56 mg	Vitamin A	*82.45* RE	Iron	*0.90* mg	0.15%	Calories from Saturated Fat
Saturated Fat	0.02 g	Carbohydrates	15.74 g	Vitamin A	*413.17* IU	Water <sup>1</sup>	*27.22* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.15 g	Vitamin C	*14.20* mg	Ash <sup>1</sup>	*0.61* g	50.68%	Calories from Carbohydrates
								44.84%	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

**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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<b>Miscellaneous</b>		<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
Meat/Alt.....	2 oz				? - Milk
Grain.....	oz				? - Egg
Fruit.....	0.25 cup				? - Peanut
Vegetable.....	0.25 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	799935	PEPPERS,MILD GRN CHILI,CND,DRND			
I	902457	USDA Peaches, Canned, Slice, Extra Lit 110236			
I	011282	ONIONS,RAW			
I	902365	Cilantro, Fresh			
I	902449	USDA Tomatoes, Diced, NSA, CND, #10 100329			
I	902436	Green Pepper, Diced, Frozen			
I	009160	LIME JUICE,RAW			
I	002047	SALT, TABLE			
I	002030	PEPPER,BLACK			
I	902367	USDA Pollock Wedge 2.6oz Unbread (Processed			

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