

# Nacho Fish Taco

<b>Servings:</b>	76.00
<b>Serving Size:</b>	2.00 TACO
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Tender strips of pollack breaded with a southwestern flavor, served with a slaw and soft tortilla

## Nutrition Information

<b>Calories</b>	450.00	<b>Protein</b>	19.50g
<b>Fat</b>	14.25g	<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	50.00mg
<b>Carbohydrates</b>	60.50g	<b>Fiber</b>	6.50g
<b>Sugar</b>	9.00g	<b>Sodium</b>	585.00mg
<b>Iron</b>	2.70mg	<b>Vitamin C</b>	10.50mg
<b>Vitamin A</b>	150.00IU	<b>Calcium</b>	70.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
304 Each	715051	POLLOCK BRD STIX NACH MSC 1Z 20	BAKE  COOK FROM FROZEN STATE. COOK TO AN INTERNAL TEMPERATURE OF 165°F. CONVENTIONAL OVEN: BAKE AT 425°F FOR 16-18 MINUTES. CONVECTION OVEN: BAKE AT 400°F. BAKE 12-14 MINUTES.
19 Cup	223247	COLE SLAW HERITAGE 2-5 GCHC	
152 Each	882690	TORTILLA FLOUR ULTRGR 6 30- 12CT	

## Preparation Instructions

1. Prepare fish according to directions
2. place 2 strips of fish in each tortilla

3. top with 2 tbs of cole slaw

4. Serve with chopped tomato and non-fat sour cream