

FISH FILLET WITH GARLIC CHEESE BISCUIT

NO IMAGE

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-28305 |
| School: | Manchester High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| POLLOCK BRD FLLT WGRAIN MSC 3.6Z | 1 Each | BAKE Cook from frozen state.CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes.CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM. | 519420 |
| DOUGH BISC GARL CHS | 1 Each | BAKE Standard Prep: Place 70 frozen biscuits on greased or parchment lined full sheet pan in 7x10 pattern. Bake time 14-18 minutes in 325 degrees F convection oven. See package for complete baking instructions. | 142210 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 280.00 |
| Fat | 12.00g |
| SaturatedFat | 3.50g |
| Trans Fat | 0.00g |
| Cholesterol | 35.00mg |
| Sodium | 610.00mg |
| Carbohydrates | 29.00g |
| Fiber | 1.00g |
| Sugar | 1.00g |
| Protein | 13.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 26.00mg | Iron 1.90mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available