

Fish Nugget Wrap

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51619
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN	4 Each		523291
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce		100012

Preparation Instructions

Heat nuggets at 375 degrees for 8-10 minutes until 165 degrees. Hold in hot pass-thru until ready to serve and assemble wrap.

Hold cheese and lettuce in cold pass-thru at 41 degrees or lower until ready to serve. Hold cheese and lettuce on ice pack when serving.

On line place fish nuggets on wrap and add cheese. Lettuce is optional.

Serve with tartar sauce or ranch.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.000
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: 0.00 Each

Amount Per Serving			
Calories	450.00		
Fat	18.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	937.00mg		
Carbohydrates	52.50g		
Fiber	7.00g		
Sugar	3.00g		
Protein	23.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	85.00mg	Iron	3.90mg

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

Nutrition - Per 100g

No 100g Conversion Available