

Crispy Baked Fish w/ cornbread poppers



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30693
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD BITE WGRAIN	4 Each		963499
POLLOCK BRD FLLT WGRAIN MSC 3.6Z	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: 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 155°F MINIMUM.	519420

Preparation Instructions

Bake fish and cornbread poppers according to directions. Serve together in a boat.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.333
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 Serving

Amount Per Serving			
Calories	375.67		
Fat	17.07g		
SaturatedFat	5.53g		
Trans Fat	0.09g		
Cholesterol	45.67mg		
Sodium	501.73mg		
Carbohydrates	42.00g		
Fiber	2.87g		
Sugar	6.00g		
Protein	14.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.11mg	Iron	2.35mg

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

Nutrition - Per 100g

No 100g Conversion Available