

# Fish Nugget Wrap



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51619
<b>School:</b>	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

<b>Meat</b>	2.500
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

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

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

## Nutrition - Per 100g

No 100g Conversion Available