

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	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fish nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 10-12 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	523291
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700
Cheese, Cheddar Reduced fat, Shredded	1 Fluid 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 1 oz. scoop 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