

Alaskan Pollock Fish Sandwich



Servings:	10.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28743

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD FLLT WGRAIN MSC 3.6Z	10 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
wg 4 inch Hamburger Bun x	10 1 bun	READY_TO_EAT	3474
SAUCE TARTAR PKT	10 Each	BAKE	213361
PICKLE DILL SLCD HAMB 1/8IN 2900CT	30 Slice		149209
LETTUCE ROMAINE RIBBONS	1 Cup		451730

Preparation Instructions

Bake fish according to package direction. Place one fish fillet on a bun.

CCP: Hold for hot service at 135° or higher.

Serve with pickles and lettuce.

CHO Breakdown:

Fish: 15g;

Klosterman Bun: 25g

Tartar Sauce: 3g

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	3.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	366.00
Fat	12.50g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	832.50mg
Carbohydrates	46.20g
Fiber	3.10g
Total Sugar	6.10g
Added Sugar	0.00g
Protein	17.10g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 89.60mg	Iron 3.16mg

Nutrition - Per 100g

No 100g Conversion Available