

BAKED FISH WITH GARLIC BUTTER

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
178 cal	0 g	26 g	8 g	72 mg	246 mg	22 mg

Ingredient

FISH,FLOUNDER/SOLE FILLET,RAW
 COOKING SPRAY,NONSTICK
 JUICE,LEMON
 MARGARINE,MELTED
 SALT
 GARLIC POWDER
 PARSLEY,FRESH,BUNCH,CHOPPED

Weight

30 lbs
 2 oz
 4-1/3 oz
 1-1/2 lbs
 5/8 oz
 7/8 oz
 1 oz

Measure

1/4 cup 1/3 tbsp
 1/2 cup
 3 cup
 1 tbsp
 3 tbsp
 1/4 cup

Issue

1 oz

Method

- 1 Separate fillets or steaks; cut into 4-1/2 ounce portions, if necessary. Lightly spray pans with non-stick cooking spray. Arrange single layers of fish on sheet pans.
- 2 Combine lemon juice, butter or margarine, salt and garlic powder. Mix well. Drizzle 3/4 cup mixture over fish in each pan.
- 3 Using a convection oven, bake at 325 F. for 7 minutes or until lightly browned on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher. Garnish with parsley before serving.