

BAKED FISH PORTIONS

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
278 cal	24 g	16 g	12 g	114 mg	594 mg	20 mg

Ingredient

FISH,PORTIONS,BREADED,FRZ

Weight

25 lbs

Measure

Issue

Method

- 1 Place fish on ungreased sheet pans. Portions should not touch. DO NOT THAW FISH before baking.
- 2 Using a convection oven, bake 20 to 22 minutes at 400 F. or until browned on high fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.