

**BAKED FISH PORTIONS (BATTER DIPPED)**

**Yield** 100

**Portion** 6 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
416 cal	36 g	24 g	19 g	171 mg	891 mg	31 mg

**Ingredient**

FISH,BATTER DIPPED,FROZEN

**Weight**

37-1/2 lbs

**Measure**

**Issue**

**Method**

- 1 Place fish on sheet pans. Portions should not touch. DO NOT THAW FISH before baking.
- 2 Using a convection oven, bake at 400 F. 20 to 22 minutes 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.