

**FISH AND CHIPS**

**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>
701 cal	70 g	27 g	35 g	171 mg	902 mg	46 mg

**Ingredient**

FISH,BATTER DIPPED,FROZEN

FRENCH FRIED POTATOES (3-1/2 OUNCE)

**Weight**

37-1/2 lbs

25-3/4 kg

**Measure**

100 unit

**Issue**

**Method**

- 1 Place fish on ungreased pans. Bake for 35 minutes in 425 F. oven. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Prepare Recipe Nos. Q 045 01 or Q 045 05, French Fried Potatoes. Each portion is 6 ounces of fish and 1 cup French Fries.