

**BAKED TROUT FILLETS**

**Yield** 100

**Portion** 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
298 cal	4 g	32 g	16 g	105 mg	247 mg	122 mg

**Ingredient**

FISH,RAINBOW TROUT,FILLET,RAW,5 OZ  
 COOKING SPRAY,NONSTICK  
 BUTTER,MELTED  
 PEPPER,BLACK,GROUND  
 JUICE,LEMON  
 BREADCRUMBS  
 SALT

**Weight**

32 lbs  
 2 oz  
 1-2/3 lbs  
 1/8 oz  
 1-3/8 lbs  
 1-3/8 lbs  
 7/8 oz

**Measure**

1/4 cup 1/3 tbsp  
 3-3/8 cup  
 1/4 tsp  
 2-5/8 cup  
 1 qts 2 cup  
 1 tbsp

**Issue**

**Method**

- 1 Place single layer of fish on pans sprayed with non-stick cooking spray in rows, skin side down.
- 2 Combine butter or margarine and pepper; add lemon juice. Use 1 cup lemon butter mixture for each pan of fish. Evenly brush inside and top of each fish.
- 3 Combine breadcrumbs and salt. Use 1 cup bread crumbs per pan; evenly sprinkle over top of each fish.
- 4 Bake 9 minutes in 375 F. oven. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

**Notes**

- 1 Since trout does not hold well in serving line for long periods of time, prepare by progressive cooking methods in small batches.