Cooking for Kids

000023 - Baja Fish Tacos :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 100 Size of Portion: 1	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011109 CABBAGE,RAW.. 799908 ONIONS,RED,RAW...................................... 009160 LIME JUICE,RAW.. 799986 SALT, KOSHER...	4 lbs 3 1/2 cups 1/4 cup 2 tsp	1. In a bowl, combine shredded cabbage, diced onion, lime juice, and salt.
001256 YOGURT,GREEK,PLN,NONFAT.................. 799902 CUMIN,GROUND... 002009 CHILI POWDER.. 799986 SALT, KOSHER... 011165 CORIANDER (CILANTRO) LEAVES,RAW...	2 lbs 1 Tbsp + 1 tsp 2 Tbsp + 2 tsp 2 tsp 2 cups	2. In another bowl, mix together yogurt, cumin, chili powder, salt, and minced cilantro.
990134 FISH NUGGETS,FRIED,FROZEN.................	12 lbs + 8 ozs	3. Cook the fish nuggets per package instructions and hold above 140° F until service.
018363 TORTILLAS,RTB OR -FRY,CORN................	100 tortilla	4. Steam or bake the tortillas to warm (best to use foil wrap). 5. To serve, place tortillas on plate and spread 1/4 cup cabbage mixture down the center. Top with 2 fish nuggets and 1 tbsp of yogurt sauce.

*Nutrients are based upon 1 Portion Size (1)

Calories	170	kcal	Cholesterol	15	mg	Sugars	*1.1*	g	Calcium	50.52	mg	25.52%	Calories from Total Fat
Total Fat	4.82	g	Sodium	383	mg	Protein	11.73	g	Iron	0.88	mg	6.35%	Calories from Saturated Fat
Saturated Fat	1.20	g	Carbohydrates	20.45	g	Vitamin A	193.4	IU	Water¹	*76.83*	g	*0.00%*	Calories from Trans Fat
Trans Fat²	*0.00*	g	Dietary Fiber	2.97	g	Vitamin C	7.6	mg	Ash¹	*1.75*	g	48.09%	Calories from Carbohydrates
												27.58%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.