

Cooking for Kids

Recipe Sizing Report

000023 - Baja Fish Tacos :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 50 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.....	2 lbs 1 3/4 cups 2 Tbsp 1 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...	1 lb 2 tsp 1 Tbsp + 1 tsp 1 tsp 1 cup	2. In another bowl, mix together yogurt, cumin, chili powder, salt, and minced cilantro.
990134 FISH NUGGETS,FRIED,FROZEN.....	6 lbs + 4 ozs	3. Cook the fish nuggets per package instructions and hold above 140° F until service.
018363 TORTILLAS,RTB OR -FRY,CORN.....	50 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	Water ¹	*76.83* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.97 g	Vitamin C	7.6 mg	Ash ¹	*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.