

Cooking for Kids

Recipe Sizing Report

000366 - Baja Fish Tacos CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 25 Size of Portion: 1	Meat/Alt: 1.5 oz Grains: 1 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 1/2 cup 1/2 cup 1 Tbsp 1/2 tsp	1. In a bowl, combine shredded cabbage, diced onion, lime juice, and salt. Mix together and set aside.
001256 YOGURT,GREEK,PLN,NONFAT..... 799902 CUMIN,GROUND..... 799986 SALT, KOSHER..... 011165 CORIANDER (CILANTRO) LEAVES,RAW...	1 cup 1/2 tsp 1/2 tsp 1 7/8 cups	
990134 FISH NUGGETS,FRIED,FROZEN.....	3 1/8 lbs	3. Cook the fish nuggets per package instructions (make sure that the internal temperature is at 165° F) and hold above 140° F until ready to serve.
018363 TORTILLAS,RTB OR -FRY,CORN.....	25 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	168 kcal	Cholesterol	15 mg	Sugars	*1.0* g	Calcium	48.03 mg	25.63%	Calories from Total Fat
Total Fat	4.78 g	Sodium	376 mg	Protein	11.64 g	Iron	0.80 mg	6.40%	Calories from Saturated Fat
Saturated Fat	1.19 g	Carbohydrates	19.98 g	Vitamin A	126.7 IU	Water ¹	*72.71* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.80 g	Vitamin C	6.6 mg	Ash ¹	*1.70* g	47.61%	Calories from Carbohydrates
								27.74%	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.