

Recipe Prep Sheet

990058 - Fish Tacos- Belmont

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 100

Portion Size: 1 taco

Ingredient #	Ingredient Description	Measurements
990611	Baked Scrod	18 3/4 LB
990393	BREAD, Tortilla 10" WW - Mexicasa 3101	100 (1 wrap)
011251	LETTUCE,COS OR ROMAINE,RAW	6 CUP, shredded
990417	TOMATOES,PLUM+ITALIAN,RAW	6 CUP, chopped or sliced
011291	ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R	1 GAL, chopped
120447	30 lb Frozen Cut Corn	6 cup
990570	Sauce Boom Boom	1 LB

*Nutrients are based upon 1 Portion Size (1 taco)

Calories ¹	383.645 kcal	Total Fat	12.451 g	Total Dietary Fiber	*4.426* g	Vitamin C	*5.281* mg	29.209% Calories from Total Fat
Saturated Fat ¹	*1.185* g	Trans Fat ²	*0.000* g	Protein	*21.126* g	Iron	*2.742* mg	*2.779%* Calories from Sat Fat
Sodium ¹	548.025 mg	Cholesterol	48.018 mg	Vitamin A	*555.992* IU	Water	*27.247* g	*0.000%* Calories from Trans Fat
Total Sugars	*2.322* g	Carbohydrate	40.569 g	Calcium	*140.101* mg	Ash	*N/A* g	42.299% Calories from Carbohydrates
Added Sugars	*0.000* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			*22.027%* Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup

Allergens							
Soybean Oil	Fish	Wheat	Soy	Wheat	Gluten	Milk	

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 required 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 Mosaic® 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.