



# Fish Tacos

## General Information

Recipe #	Category	Source
1724072	Lunch Entree 	Local

## Ingredients

Name	Quantity	Quantity + 2
Tortilla, 6" Whole Wheat	2 tortillas	
Fish Bites, Alaskan Pollock, Breaded, 40/4oz, 10#, 2M, 1.5WG, High Liner, 26264	1 serving (8pc)	
Limes, raw	¼ fruit (2" dia)	
 Sriracha Garlic Lime Mayo	2 tbsp.	
Garlic, raw	¼ tsp.	
Sauce, Sriracha, Hot Chili, Gluten Free, 6/4.6875#, 28.13#, Kikkoman, 01526	¼ tsp.	
Mayonnaise, Lite, Jug, 4/1gal, 33.33#, Ken's, KE0892	1 tbsp., 1 tsp.	
Sour Cream, Tub, 4/5#, Daisy, IDA5	2 tsp.	
Lime juice, raw	½ tsp.	
 Maple Citrus Slaw	½ c.	
Cabbage, raw	3 tbsp., ⅝ tsp. shredded	
Cabbage, red, raw	3 tbsp., ⅝ tsp. shredded	
Carrots, raw	1 tbsp., 1 ⅞ tsp. chopped	
Vinegar, Apple Cider, 4/1gal, Monarch, 252631	1 ¼ tsp.	
Oil, olive, salad or cooking	⅝ tsp.	
Lime juice, raw	⅝ tsp.	
Maple Syrup	⅓ tsp.	
Juice, Orange, Frozen, Cup, 96/4oz, 24#, 1/2c Juice, Ardmore Farms, 41380	⅛ Carton	
Coriander (cilantro) leaves, raw	2 ½ tsp.	
Spices, pepper, black	< ⅛ tsp. ground	
Salt, table	< ⅛ tsp.	

## Preparation Instructions

HACCP Process: #2 - Same Day Service

Food prep areas, Equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove frozen product from freezer using oldest pack date first.



## Fish Tacos

Serving Size	Yield
2 tacos	1.00

## Nutrition Facts

### Serving Size 2 tacos (295 gm)

Amount Per Serving		
Calories		498.980
		% Daily Value*
<b>Total Fat</b>	21.176 gm	32.579%
<b>Saturated Fat</b>	5.733 gm	28.667%
<b>Trans Fat</b>	0.000* gm	
<b>Cholesterol</b>	58.333 mg	19.444%
<b>Sodium</b>	970.856 mg	40.452%
<b>Total</b>	60.132 gm	20.044%
<b>Carbohydrate</b>		
<b>Dietary Fiber</b>	7.654 gm	30.617%
<b>Total Sugars</b>	7.993 gm	
<b>Includes 1.756 * gm of Added Sugars</b>		
<b>Protein</b>	23.240 gm	46.481%
<b>Vitamin A</b>	118.593* mcg RAE	13.177%
<b>Vitamin C</b>	24.432* mg	40.719%
<b>Vitamin D</b>	1.300* mcg	6.5%
<b>Calcium</b>	98.977* mg	9.898%
<b>Iron</b>	3.373 mg	18.739%
<b>Potassium</b>	646.003 mg	13.745%
<b>Saturated Fat % of Calories</b>		10.341 %
<b>Added Sugar % of Calories</b>		1.408 %

\* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

1. Preheat oven to 350 degrees.
2. Place pollock bites in a single layer on sheet pans sprayed with pan coating.
3. Place in oven and bake for 12- 15 minutes.
4. Transfer to 2” hotel pans.
5. Prepare Maple citrus slaw and sriracha garlic lime mayo according to recipe.
6. To assemble, place tortilla on tray, place 4 fish bites on each tortilla. Top with 1/4 cup of slaw. Repeat to make one full serving of two tacos.
7. Serve with garnish of lime wedge and 2 tablespoons of sriracha garlic lime mayo.

CCP: Heat fish to 165° F or higher for at least 15 seconds

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

### Meal Components

Component	Measurement
Meat/Meat Alternates	2 oz
Whole Grain-Rich	3.5 oz
Other Vegetables	0.5 cups

### Allergens

Eggs
Fish
Milk
Soy
Wheat

### Attributes

Made from Scratch
Whole Grain-Rich

### Added Sugar Limitations i

Not applicable.

### Vendors

Country Pure Foods <span style="font-size: 0.8em;">📄</span>
Daisy Brand <span style="font-size: 0.8em;">📄</span>
High Liner Foods <span style="font-size: 0.8em;">📄</span>
Ken's Foods, Inc. <span style="font-size: 0.8em;">📄</span>
Kikkoman <span style="font-size: 0.8em;">📄</span>
US Foods <span style="font-size: 0.8em;">📄</span>

### Dates

Last Updated	Created
01-09-2026	12-13-2024

Edit Recipe