

# Baked Cajun Fish (USDA)

**Recipe: 500006 BAKED CAJUN FISH**

Recipe Source: USDA D-46  
 Recipe Group: ENTREES

**Recipe HACCP Process: #2 Same Day Service**

Alternate Recipe Name:  
 Number of Portions: 50  
 Size of Portion: 1 PIECE

002028 PAPRIKA..... 799903 GARLIC, GRANULATED..... 799920 SALT, ONION..... 002031 PEPPER, RED OR CAYENNE..... 002030 PEPPER, BLACK..... 799905 OREGANO LEAVES, DRIED..... 799906 THYME LEAF, DRIED.....	2 TSP 2 TSP 2 TSP 3/4 TSP 3/4 TSP 1 tsp, ground 1 tsp, ground	1. Mix paprika, granulated garlic, onion salt, red pepper, black or white pepper, oregano, and thyme in a small bowl. Reserve for step 3.
015027 FISH PORTIONS&STKS,FRZ,PREHTD..... 009153 LEMON JUC,CND OR BTLD..... 799915 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD...	50 piece (4"x2"x1/2") 1/2 CUP 6 OZ	2. Place 25 fish portions into each ungreased steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.  3. Sprinkle 1/4 cup of lemon juice and 1 Tbsp 2 tsp of seasoning mix over the top of each pan.  4. Drizzle 3/8 cup of melted margarine over the seasonings.  5. Bake: Conventional oven: 350° F for 20 minutes Convection oven: 350° F for 15 minutes  Fish should flake easily with a fork.  <b>CCP: Heat to 145° F or higher for at least 15 seconds.</b>  <b>6. CCP: Hold for hot service at 135° F or higher.</b>
		<p style="text-align: center;"><b>Special Tips:</b></p> 1) For best results, batch-cook fish throughout the meal.
		<p style="text-align: center;"><b>Serving</b></p> 1 portion provides 2 oz equivalent meat/meat alternate.

\*Nutrients are based upon 1 Portion Size (1 PIECE)

**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.**

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Calories	128 kcal	Cholesterol	43.00 mg	Sugars	0.00 g	Calcium	8.99 mg	57.08%	Calories from Total Fat
Total Fat	8.12 g	Sodium	145.00 mg	Protein	12.58 g	Iron	0.63 mg	12.27%	Calories from Saturated Fat
Saturated Fat	1.74 g	Carbohydrates	0.42 g	Vitamin A	220.00 IU	Water <sup>1</sup>	0.00 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.09 g	Vitamin C	1.30 mg	Ash <sup>1</sup>	0.00 g	1.32%	Calories from Carbohydrates
								39.31%	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  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	2.000 oz		Y - Fish	N - Milk	
Grain.....	oz		Y - Soy	N - Egg	
Fruit.....	cup			N - Peanut	
Vegetable.....	cup			N - Tree Nut	
Milk.....	cup			N - Shellfish	
<b>Moisture &amp; Fat Change</b>				N - Wheat	
Moisture Change.	0%				
Fat Change.....	0%				
Type of Fat.....					

## Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050246	Baked Cajun Fish			
I	002028	PAPRIKA			
I	799903	GARLIC, GRANULATED			
I	799920	SALT, ONION			
I	002031	PEPPER, RED OR CAYENNE			
I	002030	PEPPER, BLACK			
I	799905	OREGANO LEAVES, DRIED			
I	799906	THYME LEAF, DRIED			
I	015027	FISH PORTIONS&STKS, FRZ, PREHTD			
I	009153	LEMON JUC, CND OR BTLD			
I	799915	MARGARINE, REG, HARD, SOYBN (HYDR)&CTT			

## Notes

Production Notes:  
 Confirm the 2 oz M/MA of the fish used by checking the Food Buying Guide for School Meal Programs

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Serving Notes:

Purchasing Guide:

Miscellaneous Notes:

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