

# Lemon Baked Fish

Recipe Component: Meat

Recipe Category: main dish

Recipe #

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Granulated garlic (opt)		2 tsp			<ol style="list-style-type: none"> <li>1. Mix granulated garlic, onion salt, black pepper, oregano, and thyme in a small bowl. Reserve for step 3.</li> <li>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.</li> <li>3. Sprinkle 1/4 cup of lemon juice and 1 Tbsp 1 tsp of seasoning mix over the top of each pan.</li> <li>4. Drizzle 3/8 cup of melted butter or buttery spread over the seasonings in each pan.</li> <li>5. Bake:                Conventional oven: 350° F for 20 minutes                Convection oven: 350° F for 15 minutes</li> <li>6. Fish should flake easily with a fork.</li> <li>7. CCP: Heat to 145° F or higher for at least 15 seconds.</li> <li>8. CCP: Hold for hot service at 135° F or higher.</li> </ol>
Onion salt		2 tsp			
Ground black pepper		3/4 tsp			
Dried oregano		1 tsp			
Dried thyme		1 tsp			
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each			
Lemon juice		1/2 cup			
Butter or buttery spread, melted	6 oz	3/4 cup			

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## Notes:

Nutrient Information calculated using Food Processor

<b>Serving:</b> 1 portion provides 2.25 oz meat/ meat alternate	Volume:	
1-2 years: ½ portion	<b>50 Servings:</b>	2 steamtable pans
3-5 years: ¾ portion		
6-18: 1 portion	<b>100 Servings:</b>	4 steamtable pans

## Nutrients Per Serving

<b>Calories</b>	102.10	<b>Saturated Fat</b>	1.21g	<b>Iron</b>	0.48 mg
<b>Protein</b>	16.72 g	<b>Cholesterol</b>	36.36 mg	<b>Calcium</b>	10.09 mg
<b>Carbohydrate</b>	0.27 g	<b>Vitamin A</b>	33.56 RAE mcg	<b>Sodium</b>	130.31 mg
<b>Total Fat</b>	3.88 g	<b>Vitamin C</b>	0.41 mg	<b>Dietary Fiber (2016)</b>	0.05 g