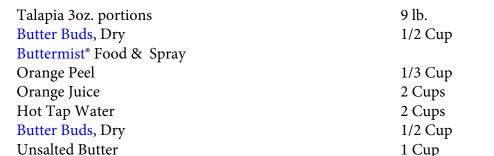
# Baked Fish &



# Mango Sauce with Butter Buds® Group: Entree

Number of Portions: 48 Size of Portions: 3oz.

## INGREDIENTS MEASURE



1 1/2 Cup 2 Cups



#### **PREPARATIONS**

Crushed Pineapple

Mango, Raw

Preheat convection oven to 350°F. Spray full sheet pan with Buttermist.

Place fish filets on sheet pan and sprinkle with dry Butter Buds. Spray top of fish with Buttermist. Bake for 12-18 minutes depending on thickness of fish filets.

In a medium bowl, combine orange peel and orange juice. Set aside.

In a small bowl, combine hot tap water with Butter Buds. Whisk to reconstitute. Add to orange juice mix.

Melt butter and add to Butter Buds/orange juice mix.

Finely dice mango. Add mango and pineapple to Butter Buds/orange juice mix. Stir to blend.

Serve 2 Tbsp. over each piece of cooked fish.

### **Nutritional Information**

Nutrients are	hased	unon 1	Portion	Size 3	07

Calories	138 kcal	Cholesterol 52.	.17 mg	Protein	22.70 g	Calcium	15.21 mg	34.58 % Calories from Total Fat
Total Fat	5.30 g	Sodium 120.	.03 mg	Vitamin A	65.30 RE	Iron	0.60 mg	18.82% Calories from Saturated Fat
Saturated Fat	2.89 g	Carbohydrate 5.	.28 g	Vitamin A	208.47 IU	Water <sup>1</sup>	*16.51* g	0.00%* Calories from Trans Fat
Trans Fat <sup>1</sup>	0.00* g	Dietary Fiber 25	5.26 g	Vitamin C	7.67 mg	Ash <sup>1</sup>	*0.04* g	15.29% Calories from Carbohydrates
								65.77% Calories from Protein

#### Allergens

Contains milk

 ${}^{\star}\text{N/A}{}^{\star}\text{-denotes a nutrient that is either missing or incomplete for an individual ingredient}$ 

- \* denotes combined nutrient totals with either missing or incomplete nutrient data
- 1 denotes optional nutrient values



HACCP Process: #2 Same Day Service

11.5.14