

Baked Fish & Mango Sauce with Butter Buds®

Group: Entree

Number of Portions: 48

Size of Portions: 3oz.



INGREDIENTS

MEASURE

Talapia 3oz. portions	9 lb.
Butter Buds, Dry	1/2 Cup
Buttermist® Food & Spray	
Orange Peel	1/3 Cup
Orange Juice	2 Cups
Hot Tap Water	2 Cups
Butter Buds, Dry	1/2 Cup
Unsalted Butter	1 Cup
Crushed Pineapple	1 1/2 Cup
Mango, Raw	2 Cups

PREPARATIONS

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 based upon 1 Portion Size: 3 oz.

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	Water¹	*16.51* g	0.00%* Calories from Trans Fat
Trans Fat¹	0.00* g	Dietary Fiber	25.26 g	Vitamin C	7.67 mg	Ash¹	*0.04* g	15.29% Calories from Carbohydrates
								65.77% Calories from Protein

Allergens

Contains 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 optional nutrient values

