

**BAKED FISH**

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
162 cal	0 g	26 g	6 g	72 mg	364 mg	22 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 FISH, FLOUNDER/SOLE FILLET, RAW  
 JUICE, LEMON  
 MARGARINE, MELTED  
 SALT  
 PAPRIKA, GROUND  
 PARSLEY, FRESH, BUNCH, CHOPPED

**Weight**

2 oz  
 30 lbs  
 12-7/8 oz  
 1 lbs  
 1-7/8 oz  
 1/2 oz  
 1 oz

**Measure**

1/4 cup 1/3 tbsp  
  
 1-1/2 cup  
 2 cup  
 3 tbsp  
 2 tbsp  
 1/4 cup

**Issue**

1 oz

**Method**

- 1 Separate fillets or steaks; cut into 4-1/2 ounce portions, if necessary. Lightly spray pans with non-stick cooking spray. Arrange single layers of fish on pans.
- 2 Combine lemon juice, butter or margarine, salt and paprika. Mix well. Drizzle 3/4 cup mixture over fish in each pan.
- 3 Using a convection oven, bake 7 minutes at 325 F. on high fan, closed vent or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher. Garnish with parsley before serving.