

Yield Adjusted Recipe

6 - Servings (EACH)

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1384K FISH, MAHI, TROPICAL GRILLED, HH

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Ingredients

step Step 1	6-EACH	(13072K) FISH, MAHI MAHI, RAW, 6OZ E
	0.36-TSP	(400562) SEAS, GARLIC POWDER (6 X 19
	0.36-TSP	(400578) SEAS, PAPRIKA
	0.24-TSP	(470053) SEAS, GROUND CUMIN (16 OZ)
	1-CUPS, 4-FL OZ	(2690K) SAUCE, MANGO PINEAPPLE SALSA

Method of Prep

Step 1

MIX TOGETHER THE GARLIC. PAPRIKA, AND CUMIN.

LIGHTLY SEASON TOP SIDE OF MAHI MAHI PORTION WITH THE SEASONING BLEND.

MARK TOP SIDE ON THE CHAR BROILER AND LAY PORTIONS ON TOP OF A WELL SPRAYED SHEETPAN.

FINISH COOKING BY BAKING IN A 325 DEGREE OVEN FOR APPROXIMATELY 15 MINUTES OR UNTIL THE INTERNAL TEMPERATURE REACHES 140 DEGREES.

HOLD HOT BETWEEN 140 AND 165 DEGREES.

SERVE 2oz OF MANGO PINEAPPLE SALSA ON TOP OF EACH PORTION.

Nutrient Values

Protein: 34.2	Fat: 1.83	Carb: 3.97	Cal: 180	WATER: 160.
SUGAR: 1.68	Fiber: 0.6	Calcium: 72	Iron: 5.09	Mag: 61
Phos: 232	Potsm: 362	Sodium: 389	ZN: 0.06	VITA_IU: 608
TOCPHA: 0.10	VITD: 0	VITC: 13.0	THIA: 0.07	RIBF: 0.07
NIA: 4.29	VITB12: 2.48	CHOL: 312	Fat Sat: 0.48	FAMS: 0.32
FAPU: 0.74				



Bermuda Hospitals Board

Yield Adjusted Recipe

6 - Servings (1 OZ)

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2690K SAUCE, MANGO PINEAPPLE SALSA

Ingredients

Step Step 1	2.4-OZ	(471615) FRUIT, FRZ, MANGO (30 LB)
	2.4-OZ	(1975K) FRT, PINEAPPLE CHOPPED (FRES
	1-TBSP, 0.6-TSP	(471900) VEG, RED ONION
	0.6-OZ	(472800) VEG, FRESH, PEPPER, RED
	0.6-OZ	(471863) VEG, FRESH, SCALLIONS BUNCH
	0.6-OZ	(471865) VEG, FRESH, CILANTRO
	0.45-TSP	(28317K) VEG, GARLIC, MINCED TSP
	1-TBSP, 0.6-TSP	(471858) JUICE, LIME JUICE
	0.04-TSP	(400585) SEAS, SALT
	0.08-TSP	(400579) SEAS, PEPPER, BLACK

Method of Prep

Step 1 1/4" DICE MANGO, PINEAPPLE, RED ONION, SCALLION, AND FRESH RED BELL PEPPER.

ROUGH CHOP THE CILANTRO.

TOSS TOGETHER ALL INGREDIENTS IN A BOWL WITH THE GARLIC LIME JUICE, SALT AND PEPPER.

HOLD UNDER REFRIGERATION FOR UP TO 3 DAYS.

Nutrient Values

Protein: 0.19	Fat: 0.02	Carb: 1.89	Cal: 8	WATER: 17.4
SUGAR: 0.84	Fiber: 0.3	Calcium: 4	Iron: 0.05	Mag: 2
Phos: 6	Potsm: 30	Sodium: 14	ZN: 0.03	VITA_IU: 89
TOCPHA: 0.05	VITD: 0	VITC: 4.7	THIA: 0.01	RIBF: 0.00
NIA: 0.04	VITB12: 0.00	CHOL: 0	Fat Sat: 0.00	FAMS: 0.00
FAPU: 0.01				