

Pecan Encrusted Tilapia

Recipe Name: Pecan Encrusted Tilapia

Category: U.S. Farm-Raised Fish

HACCP Process: _____ 1 – No Cook X 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients:	For: 24 Servings		Directions: Remove the tilapia fillets from refrigeration just prior to cooking in batches of 24. CCP below 41 degrees
	Weight	Measure	
Tilapia fillets	9 lbs	24 @ 6 oz.	Take the portioned tilapia fillets and pat dry.
Fat free sour cream	1 pint	16 fl. oz.	Empty the sour cream into a mixing bowl.
Paprika	2 Tbsp.		Add the paprika to the sour cream and stir in.
Garlic clove, fine chopped	2 Tbsp.		Finely chop the garlic and add to the sour cream mix.
Thyme sprig	1 Tbsp.		Remove the thyme leaves from the sprig and add to the mix. Stir together and dip the tilapia fillets in the sour cream mix.
Pecans, finely chopped	2 cups		Finely chop the pecans and place in a mixing bowl.
Dry Breadcrumbs	2 cups		Mix the breadcrumbs and pecans together.
			Lightly dip the tilapia with the sour cream into the pecan/breadcrumb mixture.
Vegetable oil spray			Spray a sheet pan with vegetable oil spray and place the pecan-encrusted tilapia fillets on the tray.
			Bake in a preheated oven @ 425 degrees.
			Check the fish temperature when the topping turns golden brown; about 10 minutes.
			Continue to bake until the internal temperature of the tilapia is 145 degrees. (CCP)
			Set on a plate with chosen vegetable and starch.
			Pour any excess juices from the sheet pan over the Pecan Encrusted Tilapia fillet and serve immediately.

Serving Size 6 oz.

Pan Size: sheet pan

Oven Temperature & Baking Time:

Yield 24 servings

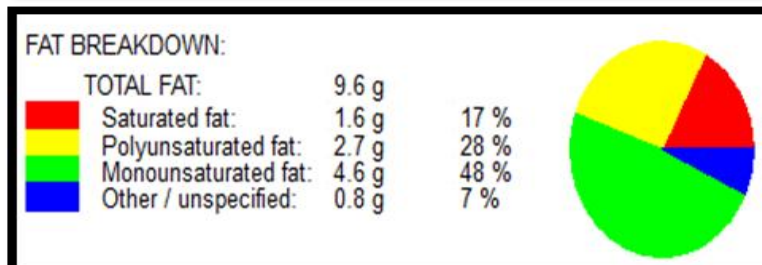
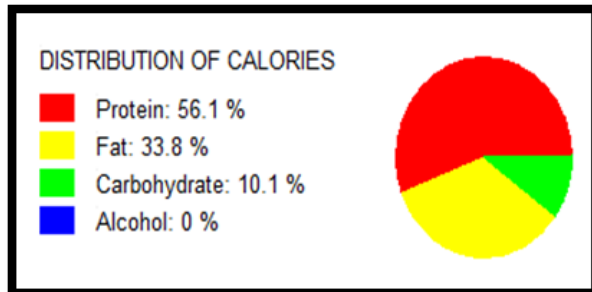
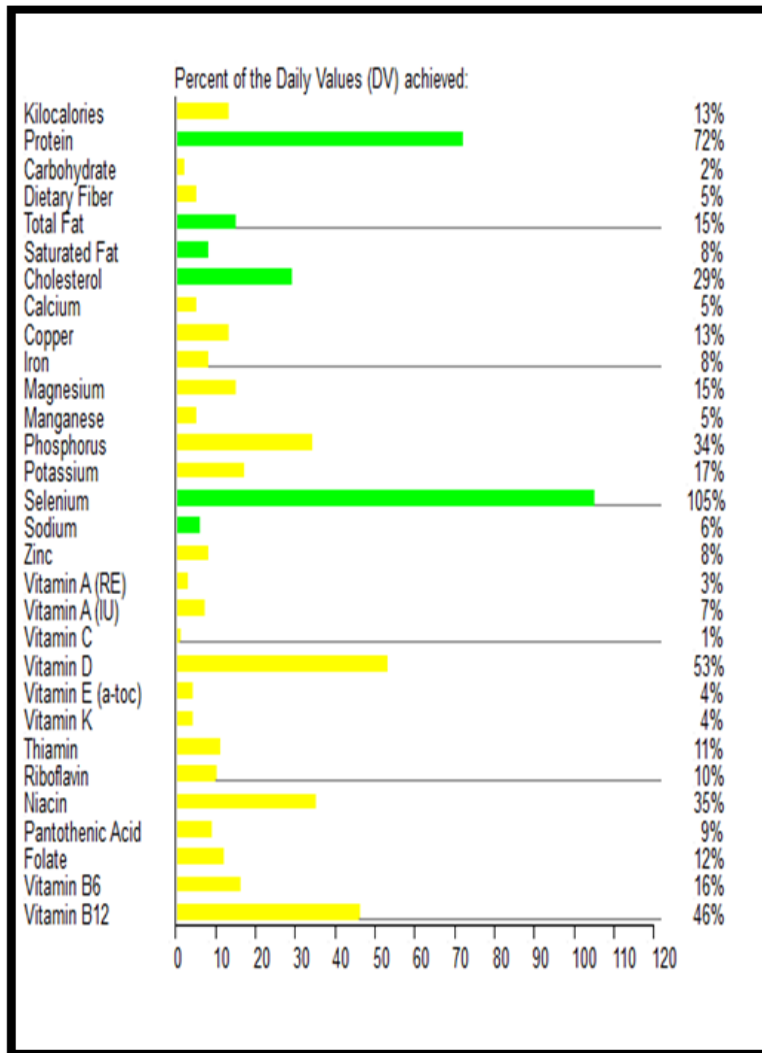
Number of Pans 1

	Temperature	Minutes
Convection	425	10

6-ounce fish portion

Omega-3 content 0.44 g

Nutrition Facts	
Serving size: 7.12 oz, (202g)	
Servings Per Recipe 1	
Amount Per Serving	
Calories 252	Cal. from Fat 87
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	8%
Trans Fats 0g	
Cholesterol 87mg	30%
Sodium 133mg	6%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Protein 36g	
Vitamin A 8%	Vitamin C 0%
Calcium 4%	Iron 8%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



3-ounce fish portion

Nutrition Facts	
Serving size: 3.56 oz. (101g)	
Servings Per Recipe	
Amount Per Serving	
Calories 126	Cal. from Fat 43
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	4%
Trans Fats 0g	
Cholesterol 43mg	15%
Sodium 66mg	4%
Total Carbohydrate 3g	0%
Dietary Fiber 1g	2%
Sugars 1g	
Protein 18g	
Vitamin A 4%	Vitamin C 0%
Calcium 4%	Iron 4%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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