FISH TACO W/POKE SAUCE & RICE #001699

Ingredients

3.125# COOKED FISH
2c POKE SAUCE
25-4x6 Rich's Flat Bread
12.5 CUPS RICE
CABBAGE
TARTAR

Makes: 25-2OZ PORTIONS
Prep Time:
Cooking Time:
Provides: 2M 2G

Image

Condiment-Tartar Sauce, Cabbage

Possible Allergens or Sensitivites

		Yes	No	Comments
1.	Contains Egg		X	
2.	Contains Dairy	X		Flatbread only
3.	Contains Nuts		X	
4.	Contains Pork		X	
5.	Contains Gluten	X		
6.	Contains Soy	X		
7.	Vegetarian		X	

Nutrition Facts

C Fish Taco-Poke Sau Ric 18-19

Nutrition Facts
Serving Size: Servings
Serving per Container: 1

Amount Per Serving	
Calories: 285	Calories from Fat 47
	% Daily Value*
Total Fat 5.2g	8%
Saturated Fat 0.9g	5%
Trans Fat* 0.0g	
Cholesterol 7mg	2%
Sodium 337mg	14%
Total Carbohydrate 50.3g	17%
Dietary Fiber 3.7g	16%
Protein 9.5g	18%
Vitamin A 0%	Vitamin C 0%
Calcium 3%	Iron 9%

* - Trans Fat value is provided for informational purposes only, not for monitoring purposes.
* - Percent Daily Values are based on a 2,000 calorie diet.
"N/A" - denotes a nutrient that is either missing or incomplete for an individual ingredient.