



Celebrity Chef Fabio Viviani-Inspired Miso Glazed Cod Recipe for Senior Care Communities

Nutrient Summary: Fish Cod Miso Glazed (Miso Glazed Cod)

Serving Size: 3 oz (127.02gm) | **Allergens:** AllergenFish, AllergenMilk, Citrus, Lemon/Lemon Flav, Lemon, Lemon, AllergenSoy, AllergenSulphites, Pepper (spice)

| MacroNutrients | |
|---------------------|----------|
| Carbohydrates | 2 g |
| Calories | 150 kcal |
| Insoluble Fiber | 0 g |
| Protein | 21 g |
| Total Fat | 6 g |
| Alcohol | 0 g |
| Water | 98.02 g |
| Caffeine | 0 mg |
| Total Sugars | 0 g |
| Total Dietary Fiber | 0 g |
| Added Sugar | 0 g |
| Soluble Fiber | 0 g |
| Insoluble Fiber | 0 g |

| Minerals | |
|------------|-----------|
| Calcium | 30 mg |
| Potassium | 500 mg |
| Sodium | 210 mg |
| Zinc | 0.59 mg |
| Iron | 0.75 mg |
| Magnesium | 38.27 mg |
| Phosphorus | 235.63 mg |
| Copper | 0.05 mg |
| Manganese | 0.05 mg |

| Fatty Acids | |
|---------------------|--------|
| Linoleic FA | 1.54 g |
| Oleic FA | 2.5 g |
| Cholesterol | 50 mg |
| Trans Fats | 0.39 g |
| Saturated Fat | 1 g |
| Monounsaturated Fat | 2.6 g |
| Polyunsaturated Fat | 2.15 g |

| Vitamins | |
|------------------|----------|
| Vitamin D | 2 mcg |
| Vitamin K | 8.05 mcg |
| Vitamin E | 1.78 mg |
| Vitamin A | 69.12 RE |
| Vitamin C | 2.17 mg |
| Thiamin (B1) | 0.09 mg |
| Riboflavin (B2) | 0.08 mg |
| Niacin (B3) | 2.37 mg |
| Pantothenic Acid | 0.19 mg |
| Vitamin B6 | 0.29 mg |
| Total Folacin | 9.14 mcg |
| Vitamin B12 | 1.04 mcg |

| Other Information | | | | | |
|-----------------------------|--------|-------------------|--------|-----------------------|--------|
| Calories from Carbohydrates | 3% | Calories from Fat | 40% | Calories from Protein | 57% |
| Ply/SatFat | 1.89:1 | Sodium/Potassium | 0.43:1 | Calcium/Phosphorus | 0.09:1 |

*Indicates 1 or more Unreported values

Nutrient Summary: Flake/SB6 Fish Cod Miso Glazed (Flake/Sb6 Miso Glazed Cod)

Serving Size: 3 oz (85.05gm) | **Allergens:** AllergenFish, AllergenMilk, Citrus, Lemon/Lemon Flav, Lemon, AllergenSoy, AllergenSulphites, Pepper (spice)

| MacroNutrients | |
|---------------------|----------|
| Carbohydrates | 2 g |
| Calories | 150 kcal |
| Insoluble Fiber | 0 g |
| Protein | 21 g |
| Total Fat | 6 g |
| Alcohol | 0 g |
| Water | 98.02 g |
| Caffeine | 0 mg |
| Total Sugars | 0 g |
| Total Dietary Fiber | 0 g |
| Added Sugar | 0 g |
| Soluble Fiber | 0 g |
| Insoluble Fiber | 0 g |

| Minerals | |
|------------|-----------|
| Calcium | 30 mg |
| Potassium | 500 mg |
| Sodium | 210 mg |
| Zinc | 0.59 mg |
| Iron | 0.75 mg |
| Magnesium | 38.27 mg |
| Phosphorus | 235.63 mg |
| Copper | 0.05 mg |
| Manganese | 0.05 mg |

| Fatty Acids | |
|---------------------|--------|
| Linoleic FA | 1.54 g |
| Oleic FA | 2.5 g |
| Cholesterol | 50 mg |
| Trans Fats | 0.39 g |
| Saturated Fat | 1 g |
| Monounsaturated Fat | 2.6 g |
| Polyunsaturated Fat | 2.15 g |

| Vitamins | |
|------------------|----------|
| Vitamin D | 2 mcg |
| Vitamin K | 8.05 mcg |
| Vitamin E | 1.78 mg |
| Vitamin A | 69.12 RE |
| Vitamin C | 2.17 mg |
| Thiamin (B1) | 0.09 mg |
| Riboflavin (B2) | 0.08 mg |
| Niacin (B3) | 2.37 mg |
| Pantothenic Acid | 0.19 mg |
| Vitamin B6 | 0.29 mg |
| Total Folacin | 9.14 mcg |
| Vitamin B12 | 1.04 mcg |

Other Information

| | | | | | |
|-----------------------------|--------|-------------------|--------|-----------------------|--------|
| Calories from Carbohydrates | 3% | Calories from Fat | 40% | Calories from Protein | 57% |
| Ply/SatFat | 1.89:1 | Sodium/Potassium | 0.43:1 | Calcium/Phosphorus | 0.09:1 |

*Indicates 1 or more Unreported values

Nutrient Summary: Gr/MM5 Fish Cod Miso Glazed (Gr/Mm5 Miso Glazed Cod)

Serving Size: 3 oz (113.41gm) | **Allergens:** AllergenFish, AllergenMilk, Citrus, Lemon/Lemon Flav, Lemon, AllergenSoy, AllergenSulphites, Pepper (spice)

| MacroNutrients | |
|---------------------|----------|
| Carbohydrates | 2 g |
| Calories | 150 kcal |
| Insoluble Fiber | 0 g |
| Protein | 21 g |
| Total Fat | 6 g |
| Alcohol | 0 g |
| Water | 126.68 g |
| Caffeine | 0 mg |
| Total Sugars | 0 g |
| Total Dietary Fiber | 0 g |
| Added Sugar | 0 g |
| Soluble Fiber | 0 g |
| Insoluble Fiber | 0 g |

| Minerals | |
|------------|----------|
| Calcium | 30 mg |
| Potassium | 500 mg |
| Sodium | 370 mg |
| Zinc | 0.59 mg |
| Iron | 0.75 mg |
| Magnesium | 38.92 mg |
| Phosphorus | 236.7 mg |
| Copper | 0.05 mg |
| Manganese | 0.05 mg |

| Fatty Acids | |
|---------------------|--------|
| Linoleic FA | 1.57 g |
| Oleic FA | 2.53 g |
| Cholesterol | 50 mg |
| Trans Fats | 0.39 g |
| Saturated Fat | 1 g |
| Monounsaturated Fat | 2.63 g |
| Polyunsaturated Fat | 2.18 g |

| Vitamins | |
|------------------|----------|
| Vitamin D | 2 mcg |
| Vitamin K | 8.05 mcg |
| Vitamin E | 1.78 mg |
| Vitamin A | 69.12 RE |
| Vitamin C | 2.18 mg |
| Thiamin (B1) | 0.09 mg |
| Riboflavin (B2) | 0.08 mg |
| Niacin (B3) | 2.39 mg |
| Pantothenic Acid | 0.19 mg |
| Vitamin B6 | 0.29 mg |
| Total Folacin | 9.35 mcg |
| Vitamin B12 | 1.04 mcg |

Other Information

| | | | | | |
|-----------------------------|--------|-------------------|--------|-----------------------|-------|
| Calories from Carbohydrates | 3% | Calories from Fat | 40% | Calories from Protein | 57% |
| Ply/SatFat | 1.88:1 | Sodium/Potassium | 0.75:1 | Calcium/Phosphorus | 0.1:1 |

*Indicates 1 or more Unreported values

Nutrient Summary: P/PU4 Fish Cod Miso Glazed (P/Pu4 Miso Glazed Cod)

Serving Size: 3 oz (141.77gm) | **Allergens:** AllergenFish, AllergenMilk, Citrus, Lemon/Lemon Flav, Lemon, AllergenSoy, AllergenSulphites, Pepper (spice)

| MacroNutrients | |
|---------------------|----------|
| Carbohydrates | 2 g |
| Calories | 150 kcal |
| Insoluble Fiber | 0 g |
| Protein | 21 g |
| Total Fat | 7 g |
| Alcohol | 0 g |
| Water | 155.34 g |
| Caffeine | 0 mg |
| Total Sugars | 1 g |
| Total Dietary Fiber | 0 g |
| Added Sugar | 0 g |
| Soluble Fiber | 0 g |
| Insoluble Fiber | 0 g |

| Minerals | |
|------------|-----------|
| Calcium | 30 mg |
| Potassium | 500 mg |
| Sodium | 520 mg |
| Zinc | 0.59 mg |
| Iron | 0.75 mg |
| Magnesium | 39.57 mg |
| Phosphorus | 237.77 mg |
| Copper | 0.06 mg |
| Manganese | 0.05 mg |

| Fatty Acids | |
|---------------------|--------|
| Linoleic FA | 1.6 g |
| Oleic FA | 2.56 g |
| Cholesterol | 50 mg |
| Trans Fats | 0.39 g |
| Saturated Fat | 1 g |
| Monounsaturated Fat | 2.67 g |
| Polyunsaturated Fat | 2.21 g |

| Vitamins | |
|------------------|----------|
| Vitamin D | 2 mcg |
| Vitamin K | 8.05 mcg |
| Vitamin E | 1.79 mg |
| Vitamin A | 69.12 RE |
| Vitamin C | 2.18 mg |
| Thiamin (B1) | 0.09 mg |
| Riboflavin (B2) | 0.09 mg |
| Niacin (B3) | 2.4 mg |
| Pantothenic Acid | 0.2 mg |
| Vitamin B6 | 0.29 mg |
| Total Folacin | 9.55 mcg |
| Vitamin B12 | 1.04 mcg |

| Other Information | | | | | |
|-----------------------------|--------|-------------------|--------|-----------------------|--------|
| Calories from Carbohydrates | 4% | Calories from Fat | 40% | Calories from Protein | 56% |
| Ply/SatFat | 1.87:1 | Sodium/Potassium | 1.07:1 | Calcium/Phosphorus | 0.11:1 |

*Indicates 1 or more Unreported values

Soup Broth Vegetable f/Base (Vegetable Broth)

| COOK METHOD | SERVING UTENSIL | SERVING SIZE | ALLERGIES |
|-------------|-----------------|--------------|-----------|
| Boil | Not Specified | 6 fl. oz | None |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|----------|--------|---------|-----------|---------------|
| CARBOHYDRATES | CALORIES | SODIUM | PROTEIN | TOTAL FAT | SATURATED FAT |
| 1 g | 10 kcal | 930 mg | 1 g | 0.5 g | 0 g |

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | PREPARATION STEP | |
|-------------|---------------------|----------|-----------|----------|------------------|--|
| | 1 | 5 | 10 | 25 | | |
| 1 | Base, Vegetable Dry | 0.5 Oz | 0.5 Oz | 1.5 Oz | 3.5 Oz | WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Heat Water and add Base, stirring until well dissolved to *internal temp of 145F for 15 sec. |
| | Water, Tap | 3/4 Cup | 3 2/3 Cup | 1 3/4 Qt | 1 Gal 1 Cup | |
| 2 | | | | | | CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding. |
| 3 | | | | | | CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. |
| 4 | | | | | | CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only. |

Fish Cod Miso Glazed (Miso Glazed Cod)

| COOK TIME | COOK TEMP | COOK METHOD | SERVING UTENSIL | SERVING SIZE | ALLERGIES |
|-----------|-----------|-------------|-----------------|--------------|--|
| 30 Min | 375.0 °F | Bake | Not Specified | 3 Oz | ⓘ Contains: AllergenFish; AllergenMilk; AllergenSoy; AllergenSulphites; Citrus; Lemon |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|----------|--------|---------|-----------|---------------|
| CARBOHYDRATES | CALORIES | SODIUM | PROTEIN | TOTAL FAT | SATURATED FAT |
| 2 g | 150 kcal | 230 mg | 21 g | 6 g | 1.5 g |

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|------------------------------------|--------------|--------------|--------------|-------------|-----------------|--|
| | 25 | 40 | 60 | 75 | | |
| 1 | | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| 2 Fish, Cod Atlantic 4z Frz | 6 lb 4 Oz | 10 lb | 15 lb | 18 lb 12 Oz | | Arrange fish in a single layer in hotel pans. Mix miso paste and hot water together until smooth. Add all remaining ingredients and mix with wire whisk until blended. |
| 3 | | | | | | Spread miso mixture evenly on top of cod fillets and bake until fish flakes easily. CCP - Cook to minimum internal temp of 145F/74C held for 15 sec. |
| 4 Water, Tap | 1 Tbsp | 1 Tbsp 2 tsp | 2 Tbsp 1 tsp | 3 Tbsp | Hot | CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. |
| Margarine, Solids | 3/4 Cup | 1 1/4 Cup | 1 3/4 Cup | 2 1/4 Cup | Softened | |
| Juice, Lemon RTS | 1/4 Cup | 1/3 Cup | 2/3 Cup | 3/4 Cup | | |
| Base, Miso Paste | 1/4 Cup | 1/3 Cup | 2/3 Cup | 3/4 Cup | | |
| Vinegar, Balsamic | 1 Tbsp 2 tsp | 2 Tbsp 1 tsp | 3 Tbsp 2 tsp | 1/4 Cup | | |
| Pepper, Black Ground | 1/2 tsp | 3/4 tsp | 1 1/4 tsp | 1 1/2 tsp | | |
| 5 Parsley, Dried | 1 Tbsp | 1 Tbsp 2 tsp | 2 Tbsp 1 tsp | 3 Tbsp | | CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. |

| | INGREDIENTS | SERVINGS 25 | SERVINGS 40 | SERVINGS 60 | SERVINGS 75 | INGREDIENT PREP | PREPARATION STEP |
|---|-------------|----------------|----------------|----------------|----------------|-----------------|--|
| 6 | | | | | | | CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds. |

Flake/SB6 Fish Cod Miso Glazed (Flake/SB6 Miso Glazed Cod)

| COOK METHOD | SERVING SIZE | ALLERGIES |
|-------------|--------------|--|
| Chop | 3 Oz | ⓘ Contains: AllergenFish; AllergenMilk; AllergenSoy; AllergenSulphites; Citrus; Lemon |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|----------|--------|---------|-----------|---------------|
| CARBOHYDRATES | CALORIES | SODIUM | PROTEIN | TOTAL FAT | SATURATED FAT |
| 2 g | 150 kcal | 210 mg | 21 g | 6 g | 1 g |

| INGREDIENTS | SERVINGS | | | | INGREDIENT PREP | PREPARATION STEP |
|-------------------------------|----------|-------|------------|------------|-----------------|--|
| | 1 | 5 | 10 | 25 | | |
| 1 | | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| 2 Fish Cod Miso Glazed | 3 Oz | 15 Oz | 1 lb 14 Oz | 4 lb 11 Oz | Prepared | Chop prepared product to desired consistency. |
| 3 | | | | | | CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. |
| 4 | | | | | | Discard unused product. |

Soft & Bite-Sized (SB6): NOTE: This Recipe should be appropriate for those on a Level 6 Soft & Bite Sized. To determine if this Recipe is appropriate for an IDDSI level, it must be tested and pass the appropriate IDDSI Level test for softness and particle size (Adults = 15 mm x 15 mm, Pediatric = 8 mm x 8 mm) at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

Gr/MM5 Fish Cod Miso Glazed (Gr/MM5 Miso Glazed Cod)

| COOK METHOD | SERVING UTENSIL | SERVING SIZE | ALLERGIES |
|-------------|-----------------|--------------|--|
| Grind | #10 scoop | 3 Oz | ⓘ Contains: AllergenFish; AllergenMilk; AllergenSoy; AllergenSulphites; Citrus; Lemon |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|----------|--------|---------|-----------|---------------|
| CARBOHYDRATES | CALORIES | SODIUM | PROTEIN | TOTAL FAT | SATURATED FAT |
| 2 g | 150 kcal | 370 mg | 21 g | 6 g | 1 g |

| INGREDIENTS | SERVINGS | | | | INGREDIENT PREP | PREPARATION STEP |
|----------------------------------|----------|---------|------------|------------|-----------------|--|
| | 1 | 5 | 10 | 25 | | |
| | | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| 1 Fish Cod Miso Glazed | 3 Oz | 15 Oz | 1 lb 14 Oz | 4 lb 11 Oz | Prepared | |
| 2 Soup Broth Vegetable f/Base | 2 Tbsp | 2/3 Cup | 1 1/4 Cup | 3 1/4 Cup | Prepared | Finely mince or grind prepared product to desired consistency. |
| 3 | | | | | | Add additional liquid as needed to achieve desired consistency. |
| 4 | | | | | | CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. |
| 5 | | | | | | Discard unused product. |

Minced & Moist (MM5): NOTE: This Recipe should be appropriate for those on a Level 5 Minced & Moist. To determine if this Recipe is appropriate for an IDDSI level, it must be tested and pass the appropriate IDDSI Level test for softness and particle size (Adults no larger than 4 mm, Pediatric no larger than 2 mm) at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

P/PU4 Fish Cod Miso Glazed (P/PU4 Miso Glazed Cod)

| COOK METHOD | SERVING UTENSIL | SERVING SIZE | ALLERGIES |
|-------------|-----------------|--------------|--|
| Puree | #10 scoop | 3 Oz | ⓘ Contains: AllergenFish; AllergenMilk; AllergenSoy; AllergenSulphites; Citrus; Lemon |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|----------|--------|---------|-----------|---------------|
| CARBOHYDRATES | CALORIES | SODIUM | PROTEIN | TOTAL FAT | SATURATED FAT |
| 2 g | 150 kcal | 520 mg | 21 g | 7 g | 1 g |

| INGREDIENTS | SERVINGS | | | | INGREDIENT PREP | PREPARATION STEP |
|-----------------------------|----------|-----------|------------|------------|-----------------|--|
| | 1 | 5 | 10 | 25 | | |
| | | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| Fish Cod Miso Glazed | 3 Oz | 15 Oz | 1 lb 14 Oz | 4 lb 11 Oz | Prepared | Pour liquid in blender or food processor. Add prepared product. Blend until desired consistency is reached. |
| Soup Broth Vegetable f/Base | 1/4 Cup | 1 1/4 Cup | 2 1/2 Cup | 1 1/2 Qt | Prepared | |
| | | | | | | Add additional liquid as needed to achieve desired consistency. |
| | | | | | | CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. |
| | | | | | | Discard unused product. |
| | | | | | | Note: May use alternate liquid if desired. |

Pureed (PU4): NOTE: This Recipe should be appropriate for those on a Level 4 Pureed. To determine if this Recipe is appropriate for an IDDSI level, this Recipe must be tested and pass the appropriate IDDSI Level test at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.