

Nutrition Facts

80 Servings per container

Serving Size 1 Portion

Amount Per Serving
Calories 170

% Daily Value*

Total Fat 7 g **8%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 35 mg **11%**

Sodium 270 mg **12%**

Total Carbohydrate 16 g **6%**

Dietary Fiber 1 g **4%**

Total Sugars 1 g

Includes 0.0000 Added Sugars **0.000**

Protein 11 g

Vitamin D 0.0000 mg 0%

Calcium 0 mg 0%

Iron 1 mg 6%

Potassium 170 mg 4%

*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
1089300	629301	10035493893003	4 X 4.50 LBR	4/4.5 LB

Brand	Brand Owner	GPC Description
High Liner Foodservice	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
19.8 LBR	18 LBR	USA	Undeclared	Yes

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.6969 INH	9.6969 INH	9.837 INH	.8715 FTQ	13x 4	547	-15 FAH / -14 FAH

Ingredients :

71.3% ALASKA POLLOCK; 28.7% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WHOLE YELLOW CORN FLOUR, WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DRIED ONION, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, MILK

Allergens(C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info

Eggs - N	Milk - C	Peanuts - N
Soy - N	Wheat - C	TreeNuts - N
Fish - C	Crustacean - N	

Handling Suggestions :

Keep Frozen

Benefits :

Our easy to prepare, oven-ready fish is breaded with a delicious whole grain coating that ensures a crunch with every tasty bite! Available in a variety of sizes and shapes from sandwich portions to nuggets this is a great lunch or dinner entrée.

Serving Suggestions :

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

Prep & Cooking Suggestions :

COOKING INSTRUCTIONS FROM FROZEN:TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 15-17 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 20-22 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

More Information :