



**POLLOCK, 3 OZ, WILD, WHOLE GRAIN BREADED
RECTANGLE PRECOOKED OVEN READY, CN**

BREADED POLLOCK 3 OZ RECTANGLE FISH PORTION.
TRIDENT SEAFOODS' LINE OF WHOLE GRAIN BREADED AND UNBREADED ALASKA POLLOCK ITEMS ALLOW YOU TO MEET CHANGING NSLP CHILD NUTRITION GUIDELINES WHILE CONTINUING TO PROVIDE THE SAME GREAT TASTING PRODUCTS YOUR STUDENTS HAVE ALWAYS LOVED. ALL NATURAL, SUSTAINABLY HARVESTED AND COATED WITH CRISPY WHOLE GRAIN CRUMB OR POTATO CRUST, TRIDENT CHILD NUTRITION PRODUCTS ALLOW



Product Last Saved Date: 14 June 2018

Nutrition Facts

53 Servings per container
Serving Size 1 PIECE (85 g)

Amount Per Serving
Calories 160

% Daily Value*

Total Fat	7 g	11%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	30 mg	10%
Sodium	250 mg	10%
Total Carbohydrate	14 g	5%
Dietary Fiber	2 g	8%
Total Sugars	0 g	
Includes	g	Added Sugars %
Protein	11 g	
Vitamin D	mg	%
Calcium	mg	2%
Iron	mg	6%
Potassium	mg	%

*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
418317	640470	00028029183177	1 X 10 LBR	

Brand	Brand Owner	GPC Description
Trident Seafoods	Trident Seafoods Corp.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11.5 LBR	10 LBR	USA	Undeclared	Yes

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9.938 INH	6.25 INH	.5392 FTQ	12x7	730 Days	-10 FAH / 0 FAH

Ingredients :

64.2% FISH (ALASKA POLLOCK) 35.8% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, WHEAT GLUTEN, SALT, SUGAR, IODIZED SALT, YEAST, WHOLE YELLOW CORN FLOUR, SOY FLOUR, DEXTROSE, LEAVENING [BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO AND DIGLYCERIDES, EXTRACTIVES OF PAPRIKA, SPICE EXTRACT, SPICE. CONTAINS FISH (ALASKA POLLOCK), WHEAT, SOY

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

Handling Suggestions :

KEEP FROZEN BELOW 0°F UNTIL READY TO USE.

Benefits :

ONCE FROZEN GENUINE ALASKA POLLOCK. NSLP COMPLIANT WHOLE GRAIN BREADING. USDA COMMODITY APPROVED OPTIONS.

Serving Suggestions :

VERY SLIGHTLY SEASONED PORTIONS, IT HAS A MILD FLAVOR AND A LIGHT CRUNCH. GOOD SERVED ON A BUN WITH FRIES ON THE SIDE.

Prep & Cooking Suggestions :

COOKING INSTRUCTIONS: * KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED - COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 400° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 13 TO 15 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 18 TO 20 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY "BONELESS" PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.

More Information :

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