



**POLLOCK, FILLET 4-6 OZ ALASKAN INDIVIDUALLY QUICK FROZEN**



ALASKA POLLOCK FILLETS 4-6 OZ PORTIONS, INDIVIDUALLY QUICK FROZEN.

Product Last Saved Date:06 April 2016

**Nutrition Facts**

Serving Size: 142 GR

Number of Servings per Package: 32

**Amount Per Serving**

Calories: 100      Calories from Fat: 0

**% Daily Value\***

<b>Total Fat</b>	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
<b>Cholesterol</b>	85 mg	28%
<b>Sodium</b>	230 mg	10%
<b>Total Carbohydrate</b>	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	
<b>Protein</b>	24 g	

<b>Vitamin A</b>	Per Srv	0%	<b>Vitamin C</b>	Per Srv	0%
<b>Calcium</b>	2%		<b>Iron</b>	2%	

\*Percent Daily Values are 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat	9	Carbohydrate	4	Protein	4
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**Product Specifications:**

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
449512	643704	00028029495126	1 X 10 LB	

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 LB	10 LB	USA	No	No

**Shipping Information**

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15 IN	10 IN	6.25 IN	0.5425 CF	12x7	720 Days	-10 FA / 0 FA

**Ingredients :**

ALASKA POLLOCK. CONTAINS: FISH (POLLOCK).

**Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):**

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

**Handling Suggestions :**

KEEP FROZEN BELOW 0°F. FOR BEST RESULTS, THAW BEFORE COOKING.; THAWING INSTRUCTIONS: REMOVE ALL PACKAGING. THAW UNDER REFRIGERATION. MAINTAIN BELOW 38° F (3.33°C)

**Benefits :**

BONELESS AND SKINLESS, WHITE MEAT FILLETS; READY TO USE, GLAZED, PORTION CONTROLLED; INDIVIDUALLY QUICK FROZEN

**Serving Suggestions :**

POLLOCK'S MILD FLAVOR AND TENDER WHITE FLESH MAKE IT POPULAR FOR FOOD SERVICE PREPARATIONS, ESPECIALLY FISH AND CHIPS

**Prep & Cooking Suggestions :**

OVEN TEMPERATURES VARY. COOK TO AN INTERNAL TEMPERATURE OF 145°F.; ALLOW 10 MINUTES OF COOKING TIME PER INCH OF THICKNESS ON THAWED PRODUCT; 20 MINUTES PER INCH ON FROZEN PRODUCT.

**More Information :**

consumeraffairs@tridentseafoods.com/866/413/4749