



POLLOCK PANKO BREADED OVEN READY 2-3 OZ PORTIONS PAR FRIED FROZEN



PANKO BREADED POLLOCK FILLETS 2-3 OZ PORTIONS

Product Last Saved Date:22 October 2015

Nutrition Facts

Serving Size: 78 GR

Number of Servings per Package: 58

Amount Per Serving

Calories: 160 Calories from Fat: 60

% Daily Value*

Total Fat	7 g	11%
Saturated Fat	.5 g	3%
Trans Fat	0 g	
Cholesterol	30 mg	10%
Sodium	380 mg	16%
Total Carbohydrate	14 g	5%
Dietary Fiber	0 g	0%
Sugars	0 g	

Protein 10 g

Vitamin A	Per Srv	2%	Vitamin C	Per Srv	0%
Calcium		2%	Iron		4%

*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
410933	646732	00028029109337	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
11.3 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	0.543 CF	12x7	720 Days	-10 FA / 0 FA

Ingredients :

ALASKA POLLOCK, BLEACHED AND UNBLEACHED ENRICHED FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SOYBEAN AND/OR CANOLA), BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: SALT, YELLOW CORN FLOUR, WHEY, SUGAR, CORN STARCH, MALTED BARLEY FLOUR, YEAST, WHEAT GLUTEN, ASCORBIC ACID (ADDED AS A DOUGH CONDITIONER), CANOLA AND/OR PALM AND/OR PALM KERNEL OIL, SHORTENING, EGG WHITE, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), DEXTROSE, DISODIUM INOSINATE AND DISODIUM GUANYLATE, GARLIC POWDER, ONION POWDER, SPICE, TURMERIC (COLOR), YEAST EXTRACT, DEFATTED SOY FLOUR, GUAR GUM, WATER. CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK, EGG, SOY

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

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

Handling Suggestions :

KEEP FROZEN AT 0°F OR BELOW UNTIL READY TO COOK.

Benefits :

READY TO COOK, PORTION CONTROL

Serving Suggestions :

SERVE WITH YOUR FAVORITE DIPING SAUCE. FISH AND CHIPS, TACOS.

Prep & Cooking Suggestions :

CONVECTION OVEN PREHEAT OVEN TO 400 DEGREES F. PLACE FROZEN PRODUCT ON BAKING SHEET. BAKE FOR APPROXIMATELY 15 TO 18 MINUTES. TURN PRODUCT OVER HALFWAY THROUGH BAKE TIME FOR BEST RESULTS.

More Information :

1-866-413-4749 or consumeraffairs@tridentseafoods.com