

Product #10022642

Fish, Breaded Minced Portion, 1/10 lb, 3 oz SEA



Grade: PUF1
 Species Name: Cod, Pollock, Haddock, Whiting
 Country of Origin: Processed in USA
 Harvest Method: Wild

UPC: N/A
 EDI Ordering #: 007914922642
 SCC: 00079149226428

Nutrition Facts

Serving Size: 1 portion (84 g)
 Servings Per Case: 53

Amount Per Serving

Calories: 220 Calories from Fat: 80

% Daily Value*

Total Fat: 9 g 14%
 Saturated Fat: 2 g 8%
 Trans Fat: None

Cholesterol: 25 mg 8%

Sodium: 310 mg 13%

Total Carbohydrate: 23 g 8%
 Dietary Fiber: 1 g 4%
 Sugars: 0 g

Protein: 10 g

Vitamin A: 0% Vitamin C: 0%

Calcium: 2 % Iron: 8 %

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may differ depending on your calorie needs.

Cooking Instructions

REGULAR OVEN: BAKE AT 425°F FOR ABOUT 20 MINUTES.

ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.

Ingredients

MINCED FISH, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, SALT, DEXTROSE, YEAST, PARTIALLY HYDROGENATED SOYBEAN OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), COLORED WITH OLEORESIN PAPRIKA AND ANNATTO EXTRACT, CELLULOSE GUM, SPICE EXTRACTIVE. FRIED IN SOYBEAN OIL. CONTAINS FISH, WHEAT.

Packaging

Pieces per case 52-54

INNER PACK measured in inches			MASTER PACK measured in inches		
L	W	H	L	W	H
0.00 in	X 0.00 in	X 0.00 in	15.81 in	X 7.81 in	X 7.63 in
0.00 CU IN			942.05 CU IN		
CU FT			0.55 CU FT		

Tie: 15 High: 8 Extra: 0 Pallet Total: 120
 Net Weight: 10 LB Gross Weight: 10.74 LB

Shelf Life

18 months if stored in original packaging at zero or below.

Revised Date: December 18, 2009

Storage Type: Frozen
 Minimum Temp: -20 °F

Recommended Storage Temperature: 0 °F
 Maximum Temp: 15 °F

Allergens



For additional product details, sales support materials, or to be contacted by a local sales representative, call (888) 820-0900 or email us at icelandicseafoodbrand@highlinerfoods.com.