



Our biggest premium fillets are finished with our New England Style coating to deliver guaranteed patron satisfaction and, big value on any menu.

Product Last Saved Date:08 December 2015

Nutrition Facts

Serving Size: 98 GR

Number of Servings per Package: 46

Amount Per Serving

Calories: 200

Calories from Fat: 90

% Daily Value*

Total Fat 10 g 15%

Saturated Fat 1.5 g 8%

Trans Fat 0 g

Cholesterol 25 mg 8%

Sodium 250 mg 10%

Total Carbohydrate 13 g 4%

Dietary Fiber 0 g 0%

Sugars 0 g

Protein 14 g

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

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
10023827	652305	00079149238278	1 X 10 LB	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11 LB	10 LB	USA	No	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 IN	7.8125 IN	8.625 IN	0.6166 CF	15x5	547 Days	-15 FA / -14 FA

Ingredients :

COD, WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YEAST, MODIFIED CORN STARCH, YELLOW CORN FLOUR, SALT, AUTOLYZED YEAST EXTRACT, PARTIALLY HYDROGENATED SOYBEAN OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), GARLIC POWDER, NATURAL AND ARTIFICIAL FLAVORS, SPICES, ONION POWDER, YELLOW #5, YELLOW #6. FRIED IN SOYBEAN OIL. CONTAINS FISH (COD), WHEAT.

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

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

Handling Suggestions :

Keep Frozen

Benefits :

Saves time and money. Reduces prep costs. Bake or fry in just minutes. Made from scratch taste and appearance. Portioned to satisfy even the largest appetites.

Serving Suggestions :

ENTREE

Prep & Cooking Suggestions :

FRY: DEEP FRY FROM FROZEN 7-9 MINUTES AT 360°F. CONVENTIONAL OVEN: BAKE FROM FROZEN IN A PREHEATED OVEN FOR 25-27 MINUTES AT 425°F. CONVECTION OVEN: BAKE FROM FROZEN IN A PREHEATED OVEN FOR 18-22 MINUTES AT 400°F. ADJUST COOKING TIME DEPENDING UPON PRODUCT'S NATURAL THICKNESS AND APPLIANCE CHARACTERISTICS. INSTRUCTIONS:

More Information :