



POLLOCK FILLET OVEN WG 3.6 OZ

Item Number: 927160

Brand: FISHERY
Vendor: HIGH LINER FOODS
Quantity On Hand: 132
Category: Seafoods, Frozen

Manufacture #: 1089271
Pack Size: 1/10.35LB
Number of Servings: 46
GTIN: 10035493892716

Description: POLLOCK FILLET OVEN WG 3.6 OZ

Features & Benefits: One 3.6 oz portion provides 2M / 1G CN Label # 084641

Serving Suggestions: Great as a sandwich, salad topper, pastas, entrees and appetizer applications. Serve with your favorite sauce or side!

Preparation & Cooking: TO BAKE: HEAT AT 400°F FOR 14-16 MIN. IN CONVECTION OVEN, OR AT 425°F FOR 18-20 MIN. IN CONVENTIONAL OVEN. NOTE: Fish is fully cooked when it reaches an internal temperature of 165°F

Storage & Usage: Keep Frozen

Ingredients: 71.3% ALASKA POLLOCK; 28.70% BATTER & BREADING; WHOLE WHEAT FLOUR; WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF; WHOLE GRAIN YELLOW CORN MEAL, ENRICHED WHEAR FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONOITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, ONION POWDER, GARLIC POWDER, SALT, SPICES, YEAST, CORN SYRUP SOLIDS, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), CITRIC ACID, CONCENTRATED LEMON JUICE, NATURAL FLAVORS, EGG, PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (ALASKA POLLOCK), WHEAT, EGG

Specific Requirements (Food)

NOI Iowa

Nutrition Facts	
Serving Size 3.6 OZ (3.6 OZ)	
Servings Per Case: 46	
Calories: 180	Cal. from Fat: 70
% Daily Value*	
Total Fat: 8 g	12 %
Saturated Fat: 1.5 g	8 %
Trans Fat: 0 g	0 %
Cholesterol: 35 mg	12 %
Sodium: 240 mg	10 %
Total Carbs.: 16 g	5 %
Diet. Fiber: 2 g	8 %
Sugars: 1 g	
Protein: 11 g	22 %
Vitamin A: 0 %	Vitamin C: 0 %
Calcium: 0 %	
*Percent Daily Values are based on a 2,000 calorie diet.	

<p>Serving Size: 3.6 OZ (3.6 OZ) Servings per Case: 46 Storage Temperature: -15 ° FA --14 ° FA Shelf Life: 456 Days Kosher: NO Child Nutrition: YES</p>
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