

Whole Grain Rich AK Pollock Sea Wonder

Whole Grains comprise 51% of the coating. Each Product is formulated to provide 2 oz of cooked meat. Grain servings are calculated using new 16 g calculations and provide at least 8 g of whole grains. Less than 400 mg sodium. Less than 35% of total calories are from fat. Less than 10% of total calories are from saturated fat. Reduced Fat and Sodium without sacrificing flavor! PUF1 & CN, AHG, HUSSC



Nutrition Facts			
Serving Size: 4 OZ			
Household Serving Size: 4 PC			
Number of Servings per Package: 80			
Amount Per Serving			
Calories	240	Calories from Fat: 80	
	Per Serving	% Daily Value*	
Total Fat	8 g	12%	
Saturated Fat	1.5 g	8%	
Trans Fat	0 g		
Cholesterol	15 mg	5%	
Sodium	310 mg	13%	
Total Carbohydrate	29 g	10%	
Dietary Fiber	4 g	16%	
Sugars	2 g		
Protein	14 g		
	Per Srv	Per Srv	
Vitamin A	0%	Vitamin C 0%	
Calcium	4%	Iron 15%	
*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:

Code	GTIN	Pack	Type Of Catch
1089865	10035493898657	4 X 5 LB	

Brand	GPC Description
Viking	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LB	20 LB	USA	No	

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
19.81 IN	12.06 IN	7.63 IN	1.0549	8x5	547 Days	-15 FA / -14 FA

Ingredients :

68.9% SEAFOOD RAW MATERIAL [MINCED ALASKAN POLLOCK, WATER, ALTERNATE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, NATURAL FLAVOR, SEASONING BLEND (MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, SUGAR, ONION POWDER, GUAR GUM, SPICE, NATURAL FLAVOR)]; 31.1% BATTER AND BREADING; WHOLE WHEAT FLOUR, WATER, WHOLE GRAIN YELLOW CORN MEAL, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, GARLIC POWDER, ONION POWDER, SALT, SPICES, CORN SYRUP SOLIDS, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), CONCENTRATED LEMON JUICE, NATURAL FLAVOR, CITRIC ACID. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), SOY, WHEAT

Prep & Cooking Suggestions:

For food safety and quality, please follow these cooking instructions. Keep frozen until ready to prepare- Do not refreeze. CONVECTION OVEN INSTRUCTIONS: Place oven rack in the center of the oven. Preheat oven to 350°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 10-12 minutes. CONVENTIONAL OVEN INSTRUCTIONS: Place oven rack in the center of the oven. Preheat oven to 425°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 10-15 minutes. Note: Since appliances vary, these cooking instructions are only a guideline. Fish is fully cooked when it reaches an internal temperature of 165°F.

Serving Suggestions:

Whole Grain Pollock Shapes with Popeye the Sailorman Spinach Dipping Sauce

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

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

Claims & Child Nutrition:

BAP Certified :
 MSC Certified : Yes
 Has CN Statement : Yes
 CN Statement : Four shapes= 2M/ 1.5G

Species / Scientific Name:

CN Information :

CN Statement : Four shapes= 2M/ 1.5G

Suggested Bid : MSC Certified, Sustainable, Single Frozen, Chemical Free, Additive Free, Alaska Pollock Coated with Whole Grain Compliant Breading. For both Commercial and Commodity Purchase.

Meat/Meat Alternative : Portsmouth Meat /Meat Alternate Component Calculations: (% Protein in APP) = 64.8% = 3.6 total parts Hydrated product (18% min Protein) 18 Total Parts Hydrated Product - 1 part APP = 3.6 - 1 = 2.6 parts liquid for full hydration 8.6% APP in product x 2.6 parts liquid for full hydration = 22.36% liquid allowed for hydration 1oz x 0.3776 % fish x 0.689 hash x 0.75 Yield Factor = 0.1951oz raw fish / 1oz fish shape 1oz x 0.1244 APP x 0.689 x 3.6 total parts hydrated product x 100% Yield Factor = 0.3086oz Equivalent Meat /Meat Alternate per 1oz fish shape 0.1951 oz Raw Fish/Portion + 0.3086oz equivalent meat/meat alternate = 0.5037 Equivalent Meat /Meat Alternate per 1oz fish shape 0.5037 oz Equivalent Meat/Meat Alternate x 4 Number of Portions 2.015 oz Equivalent Meat/Meat alternate Meat Component: 2 oz is Declared

WholeGrain Credit Calculation : 16.0019% Whole Grains / 24.1801% Total Grain Component = 66.1780% Whole Grains 4 x 1.00oz Sea Wonders x 0.241801 (% creditable grains from batter + breader) = 0.9672 oz creditable grains / 4 x 1oz Sea Wonders (0.9672 oz Creditable grains/4 Sea Wonders x 28.35g/oz) / (16.0g/oz equivalent whole grains) = 1.7138oz equivalent whole grains/4 nuggets Declare: 1.50oz Equivalent Grains per 4 x 1oz Sea Shapes

INDIVIDUALLY
QUICK FROZEN
KEEP FROZEN
DO NOT
REFREEZE
2558722



**Oven Ready Whole
Grain Breaded Pollock
Sea Wonders**
Made From Minced Fish with
Alternate Protein Product
320 - 1.0 oz Sea Shapes

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MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801
FOR INQUIRIES CALL: 1-888-860-3664
www.highlinerfoods.com



FOUR 1.00 OZ PRE-FRIED WHOLE GRAIN BREADED FISH SHAPES PROVIDE 1.00 OZ EQUIVALENT MEAT ALTERNATE AND 1.50 OZ EQUIVALENT WHOLE GRAINS FOR CHILD NUTRITION MEAL PATTERNS REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 07-12).
CN

NET WT 20 Lb (9.07 kg)



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Kathy Gilmore

Date: 11/14/2013

Kathy Gilmore, Quality Engineer

High Liner Foods