



NUTRITION FACTS

Serving Size: 4oz (113g)
Servings Per Container: 40

Amount Per Serving

Calories 190

	Per Serving	% Daily Value*
Total Fat	7g	9%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	45mg	15%
Sodium	350mg	15%
Total Carbohydrate	20g	7%
Dietary Fiber	0g	0%
Sugars	1g Includes 1g added sugars	2%
Protein	14g	

	Per Srv		Per Srv
Vitamin D	0%	Potassium 265mg	6%
Calcium 14mg	2%	Iron 1mg	2%

*Percent Daily Values are based on a 2,000-calorie diet.
Your daily value 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	2400mg	2400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

Oven Ready Pollock 4oz breaded Portion Minced

PRODUCT SPECIFICATIONS

code	GTIN	SCC	units/case	unit size/ measure	serving/case
------	------	-----	------------	-----------------------	--------------

3250B8J7	XXXXXXXX		1	10 lb.	40
----------	----------	--	---	--------	----

brand	IFDA category	IFDA class
-------	---------------	------------

North Atlantic Brand	Seafood	Seafood/Frozen
----------------------	---------	----------------

gross weight	net weight	country of origin	Kosher	Child Nutrition
--------------	------------	-------------------	--------	-----------------

11 lb	10 lb	U.S.A.	Not Kosher	Yes
-------	-------	--------	------------	-----

SHIPPING INFORMATION

length	width	depth	TI x HI	shelf life	storage temp from/to	cube
--------	-------	-------	---------	------------	----------------------------	------

12"	9"	5.5"	14 x 10	730 days	-15°F/ -10°F	0.34
-----	----	------	---------	----------	-----------------	------

INGREDIENTS: FISH (MINCED POLLOCK), ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, YELLOW CORN FLOUR, CANOLA OIL, WATER, SALT, WHEAT FLOUR, BLEACHED WHEAT FLOUR, DEXTROSE, SUGAR, SOYBEAN OIL (AS A PROCESSING AID), SPICE EXTRACTIVES.

• **BENEFITS:** One (1) 4oz Oven Ready Breaded Portion provides:

- 0 Trans Fat
- Perfect Portion Control
- < 35% total calories from fat.
- < 10% total calories from saturated fat.
- < 400 mg sodium.

COOKING INSTRUCTIONS: Preheat convection oven to 400 F, Place frozen portions on a greased sheet and heat for 14-18 minutes; preheat traditional oven to 425 AND HEAT FOR 18-22 minutes OR until golden brown.

HANDLING INSTRUCTIONS: Keep Frozen @ -10° F or Below until ready to prepare.

