



Elite Sole Scallop & Crab 5 oz.

portion control, easy preparation



Nutrition Facts

Serving Size: 5 OZ

Household Serving Size: 1 piece

Servings Per Container: 32

Amount Per Serving

Calories 250

Calories from Fat: 110

	Per Serving	% Daily Value*
Total Fat	12 g	18%
Saturated Fat	3 g	15%
Trans Fat	1.5 g	
Cholesterol	50 mg	17%
Sodium	680 mg	28%
Total Carbohydrate	20 g	7%
Dietary Fiber	0 g	0%
Sugars	2 g	
Protein	16 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%
Calcium	8%	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:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
1039207	10035493392070			32

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.508 LB	10 LB	China	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp
15.04 IN	9.722 IN	3.937 IN	0.333 CF	12x14	547 Days	-15 FA / -14 FA

Ingredients :

SOLE FILLETS, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, SCALLOPS, PALM OIL, CRAB MEAT, BUTTER (CREAM, FLAVORINGS), SKIM MILK POWDER, CORN STARCH, SALT, COOKED SEAFOOD (LOBSTER, CLAM, SHRIMP, CRAB), VINEGAR, PARTIALLY HYDROGENATED SOYBEAN OIL AND COTTONSEED OIL, SUGAR, SODIUM BICARBONATE, HYDROLYZED SOY AND CORN PROTEIN, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYME), NATURAL AND ARTIFICIAL FLAVORS, LEMON JUICE CONCENTRATE, MALTODEXTRIN, WHEY, BUTTERFAT, MILK SOLIDS, CARMEL COLOR, YEAST, YEAST NUTRIENTS (AMMONIUM CHLORIDE, CALCIUM SULPHATE), DOUGH CONDITIONERS (ASCORBIC ACID, AZODICARBONAMIDE), DILL, MONOGLYCERIDES AND DIGLYCERIDES OF FATTY ACIDS (EMULSIFIER), DISODIUM PHOSPHATE, ONION POWDER, SILICON DIOXIDE (AS ANTICAKING), YELLOW 5, YELLOW 6, MODIFIED POTATO STARCH, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), BETA CAROTENE (COLOR), VITAMIN E. CONTAINS: FISH (SOLE), CRUSTACEAN SHELLFISH (SHRIMP, CRAB, LOBSTER), SOY, WHEAT, MILK

Prep & Cooking Suggestions :

MICROWAVE OVEN - REMOVE FROZEN PORTION FROM POLYBAG. PLACE ON MICROWAVEABLE TRAY AND COVER. ; MICROWAVE ON HIGH POWER FOR 2 MINUTES. TURN TRAY 90° AND CONTINUE COOKING FOR 1 1/2 - 2 MINUTES.; CONVECTION OVEN - PLACE FROZEN PORTION ON COOKING TRAY. COVER TIGHTLY WITH FOIL. BAKE AT 400°F FOR 30 - 35 MINUTES. ; CONVENTIONAL OVEN - COOK AT 425°F FOR 30 - 40 MINUTES, FOLLOWING DIRECTIONS FOR CONVECTION OVEN PREPARATION. ; NOTE: COOKING TIME WILL VARY WITH INDIVIDUAL OVEN TEMPERATURE AND WATTAGE OF MICROWAVE OVEN. SUGGESTED COOKING; DIRECTIONS FOR CONVENTIONAL AND CONVECTION OVENS

Serving Suggestions :

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

Claims :

BAP Certified :

MSC Certified :

Child Nutrition :

Has CN Statement : No