



* Benefits

Breaded mild-flavored, premium quality natural white meat flounder.

Ingredients

Flounder, bleached wheat flour, enriched bleached wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified corn starch, dextrose, contains 2% or less of each of the following: salt, yeast, leavening (sodium aluminum phosphate, sodium bicarbonate), garlic powder, spices, citric acid, onion powder, disodium inosinate and disodium guanylate, hydrolyzed wheat gluten, spice extractive.

⚠ Allergens

Contains:

fish wheat

May Contain:

crustaceans

Free From:

eggs dairy peanuts sesame
 soy tree nuts

Nutrition Facts

Servings per Container 35
Serving size 4.5OZ (128g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 2g	%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 970mg	42%
Total Carbohydrate 28g	10%
Dietary Fiber	%
Total Sugars 1g	
Includes Added Sugars	%
Protein 13g	
Vitamin D 0mg	0%
Calcium 26mg	2%
Iron 1.44mg	8%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Keep frozen. Do not refreeze.

Serving Suggestions

Serve as entree.

Prep & Cooking Suggestions

Cook to an internal temperature of 145F.

Product Specifications

Brand	Manufacturer	Product Category
Sea Best	Beaver Street Fisheries Inc.	Fish, Commodity

MFG #	SPC #	GTIN	Pack	Pack Desc.
5200807	1067577307	00075391005521	0	1/10 lbs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11.36LB	10LB	VN	No	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16in	8in	8in	0.59cf	15x5	540days	-10°f / 0°f



Sea Best

1067577307 - 4/5 Oz Nat Brd Flounder



BREADED FLOUNDER NATURAL 4/5 OZ

Nutrition Analysis

Calories	230	Total Fat	2g	Sodium	970mg
Protein	13	Trans Fats	0g	Calcium	26mg
Total Carbohydrates...	28g	Saturated Fat	0g	Iron	1.44mg
Sugars	1g	Added Sugars		Potassium	0mg
Dietary Fiber		Polyunsaturated Fat	0g	Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	30mg		
Vitamin A(IU)•	0	Vitamin D	0mg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	7mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

