



Fish, Pollock, Breaded Portion, 4 oz, RTC

Product Details:

Item Number: 614246

Pack Size: 40/4 oz

Serving Per Case: 40

Net Weight: 10 lbs.

Kosher: No

Meal Contribution:

Class: Always Available

Shelf Life: 730 days frozen

Temperature Class: Frozen

Cook State: Uncooked

GTIN-12 UPC:

GTIN-14: 00610379325286

Sales Price Per EACH: N/A

Case Price: N/A

Ingredients:

FISH (MINCED POLLOCK), ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHEAT FLOUR, YELLOW CORN FLOUR, CONTAINS LESS THAN 2% OF: DEXTROSE, BLEACHED WHEAT FLOUR, SALT, SPICE EXTRACTIVES, SOYBEAN OIL (AS A PROCESSING AID), SUGAR

Allergen Statement:

Fish, Wheat

Benefits and Suggested Use:

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.

Nutrition Facts

This is a representation of the nutritional label. The nutritional label on the product may vary.

Serving Size 4 oz

Amount Per Serving

Calories 190

% 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%

Total Sugars 1g

Incl. Added Sugars -

Protein 14g -

Vitamin D 0%

Calcium 2%

Iron 2%

Potassium 6%

* The % Daily Value 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.

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Always Available.



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Preparation and Additional Information:

Instructions for Preparation and Cooking:

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.

Logistics Information:

Gross Weight: 11 lbs

Case Dimensions: 12 X 9 X 5.5

Pallet Count: 140

Cube: 0.344

Block and Tier: 14 and 10

The information provided above is, to the knowledge of National Food Group, true and accurate based on information provided to National Food Group; provided that National Food Group does not make any express or implied warranties with respect to any such information shall have no liability for any inaccuracies contained in any such information.

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