

Pollock Portion Rectangle

Product Information

W code: W009
Trident Seafoods: #418324
Serving/case: 110
Net Weight: 25 lbs

Crediting Information per Serving

Serving size: 1 piece (3.6 oz)
Meat or M/A: 2 oz eq
Grain: 1 oz eq
Vegetable:
Fruit:
CN Label: No

Nutrition Facts

Serving Size: 1 piece (3.6 oz)

Amount Per Serving

Calories 180 Calories from Fat 70

Total Fat 8g

Sat. Fat 1.5g

Trans Fat 0g

Cholesterol 40mg

Sodium 280mg

Carbohydrates 14g

Dietary Fiber 2g

Sugars 0g

Protein 14g

Vitamin A 0%

Calcium 2%

Vitamin C 0%

Iron 6%

Preparation Instructions

Keep frozen until ready to cook. Thawing is not recommended – cook from frozen.

Convection oven: preheat to 375° F. Place frozen product on lightly greased baking sheet, cook for 15 to 18 minutes until crisp. Turn product halfway through bake time for best results.

Conventional oven: preheat to 425° F. Place frozen product on lightly greased baking sheet, cook for 20 to 26 minutes until crisp. Turn product halfway through bake time for best results.

Microwave cooking is not recommended.

* Cooking times and temperatures may vary substantially. Internal temperature should be at least 165°F.

Ingredients

71.3% fish (alaska pollock), 28.7% batter & breading (whole wheat flour, vegetable oil [soybean and/or canola], enriched wheat flour [flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], contains 2% or less of: yellow corn flour, wheat gluten, iodized salt, salt, sugar, yeast, whole yellow corn flour, water, soy flour, dextrose, extractives of paprika, leavening [sodium bicarbonate, sodium aluminum phosphate], mono and diglycerides, spice extract, spice).

Allergens: Fish, Wheat, Soy