

Hush Puppy Coated Pangasius Fillet Portion 1-2

Down-home Southern-style flavor of cornmeal with a hint of onion. Endless menu applications. Can be baked or deep fried.



Nutrition Facts

Serving Size: 4 ONZ

Household Serving Size: 4 oz (112 g /

Number of Servings per Package: 40

Amount Per Serving

Calories 271.88 Calories from Fat: 146.24

	Per Serving	% Daily Value*
Total Fat	16.25 g	25%
Saturated Fat	2.89 g	15%
Trans Fat	.08 g	
Cholesterol	31.38	10%
Sodium	346.3	15%
Total Carbohydrate	19.18 g	6%
Dietary Fiber	1.26 g	4%
Sugars	3.95 g	
Protein	11.91 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	2%
Calcium	4%	Iron	8%

*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	Pack	Type Of Catch
10026580	10073538265804	1 X 10 LBR	

Brand	GPC Description
Icelandic Seafood	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 LBR	10 LBR	USA	No	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.813	7.813	7.625	0.5452	15x6	547 Days	-15 FAH / -14 FAH

Ingredients :

STRIPED PANGASIUUS, WATER, ENRICHED CORN MEAL (CORN MEAL, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, ONIONS, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, ONION POWDER, WHEY, EGGS, CORN SYRUP SOLIDS, SOY FLOUR. FRIED IN SOYBEAN OIL. CONTAINS FISH (STRIPED PANGASIUUS), EGGS, MILK, SOY, WHEAT.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - C	Milk - C	Soy - C
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - NI	

Prep & Cooking Suggestions:

DEEP FRY HARD FROZEN AT 360°F FOR 4-5 MINUTES. CONVECTION OVEN: BAKE AT 400°F FOR 12-14 MINUTES. CONVENTIONAL OVEN: BAKE AT 425°F FOR 16-18 MINUTES.

Serving Suggestions:

Entree

Species / Scientific Name:

Pangasius

Claims & Child Nutrition:

BAP Certified : Yes

MSC Certified :

Has CN Statement : No