



# Hush Puppy Coated Pangasius Fillet Portion 2-3 oz.

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: 112 GR  
Household Serving Size: 4 OZ  
Servings Per Container: 40

Amount Per Serving

Calories 270 Calories from Fat: 16

	Per Serving	% Daily Value*
<b>Total Fat</b>	16 g	25%
Saturated Fat	3 g	15%
Trans Fat	0 g	
<b>Cholesterol</b>	30 mg	10%
<b>Sodium</b>	350 mg	15%
<b>Total Carbohydrate</b>	19 g	6%
Dietary Fiber	1 g	4%
Sugars	4 g	
<b>Protein</b>	12 g	

	Per Srv		Per Srv
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	2%
<b>Calcium</b>	4%	<b>Iron</b>	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	Pack Description	Serving/Case
10026581	10073538265811	1 X 10 LB	1/10 LB	40

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

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.813	7.813 IN	7.625 IN	0.545 CF	15x5	547 Days	-15 FA / -14 FA

## Ingredients :

STRIPED PANGASIU, 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),

## Prep & Cooking Suggestions :

DEEP FRY HARD FROZEN AT 360°F FOR 5-6 MINUTES. CONVECTION OVEN: BAKE AT 400°F FOR 14-16 MINUTES. CONVENTIONAL OVEN: BAKE AT 425°F FOR 18-20 MINUTES.

## Serving Suggestions :

entree

## Claims :

BAP Certified : Yes  
MSC Certified :

## Child Nutrition :

Has CN Statement : No