

Hush Puppy Coated AK Pollock Nugget .06 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: 4.2 OZ

Total Carbohydrate 20 g

Dietary Fiber

Sugars

Protein

Household Serving Size: ABOUT 7 **Servings Per Container:** 38

Amount Per Serving	ı	
Calories 250		Calories from Fat: 110
	Per Serving	% Daily Value*
Total Fat	13 g	20%
Saturated Fat	2 g	10%
Trans Fat	0 g	
Cholesterol	50 mg	17%
Sodium	400 mg	17%

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

1 g

4 g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

calone 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	Carbohydrat	e 4	Protein 4			

Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
10026584	10073538265842			38

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	TIxHI	Shelf Life	Storage Temp
15.813	7.813 IN	7.625 IN	0.545 CF	15x8	547 Days	-15 FA / -14 FA

Ingredients

7% 4%

ALASKA POLLOCK, 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,

Prep & Cooking Suggestions:

DEEP FRY HARD FROZEN AT 360°F FOR 2-5 MINUTES. CONVECTION OVEN: BAKE AT 400°F FOR 7-9 MINUTES. CONVENTIONAL OVEN: BAKE AT 425°F FOR 8-10 MINUTES.

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Serving Suggestions:

entree

Claims:

BAP Certified : MSC Certified : AHG Certified :

CN Information:

Has CN Statement: No

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