

## 0.6 oz Country Style Breaded AK Pollock Nuggets

Country Style brings that hand-breaded, home-style feeling to every menu! Just fry and serve to let the country herbs and spices bring the flavor and visual appeal guests love.



# Nutrition Facts

38 Servings per container

**Serving Size** ABOUT 7

Amount Per Serving

**Calories** 250

% Daily Value\*

**Total Fat** 13 g **20%**

Saturated Fat 2 g **10%**

Trans Fat 0 g

**Cholesterol** 50 mg **17%**

**Sodium** 400 mg **17%**

**Total** 20 g **7%**

Dietary Fiber 1 g **4%**

Total Sugars 4 g

Includes g Added Sugars %

**Protein** 14 g

Vitamin D mg %

Calcium mg 4%

Iron mg 8%

Potassium mg %

\*The % Daily Values (DV) 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.

### Product Specifications:

Code	GTIN	Pack	Type Of Catch
10026584	10073538265842	1 X 10 LBR	Wild

Brand	GPC Description
FPI	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 LBR	10.0 LBR	USA	No	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.8 INH	7.8 INH	8.6 INH	0.6 FTQ	15x5	547 Days	-15 FAH / -14 FAH

### Ingredients:

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, MONOCALCIUM PHOSPHATE), SALT, ONION POWDER, WHEY, EGGS, CORN SYRUP SOLIDS, SOY FLOUR. FRIED IN SOYBEAN OIL. CONTAINS FISH (POLLOCK), 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 - N	

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN:

TO DEEP FRY: Preheat fryer to 360°F and fry for about 2½ minutes.

TO BAKE: Place frozen fillets on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 400°F and bake for 7-9

### Serving Suggestions:

entree

### Species / Scientific Name:

Pollock

### Claims & Child Nutrition:

BAP Certified :

MSC Certified :

Has CN Statement : No