

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

Serving Size: 4.2 ONZ

Household Serving Size: ABOUT 7

Number of Servings per Package: 38

Amount Per Serving

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%
Total Carbohydrate	20 g	7%
Dietary Fiber	1 g	4%
Sugars	4 g	
Protein	14 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
10026584	10073538265842	1/10 LB	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	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.8125	7.8125	8.625	0.6166	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