



## Hush Puppy Coated AK Pollock Nugget .6 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  
Household Serving Size: ABOUT 7  
Servings Per Container: 38

Amount Per Serving

Calories 250 Calories from Fat: 110

	Per Serving	% Daily Value*
<b>Total Fat</b>	13 g	20%
Saturated Fat	2 g	10%
Trans Fat	0 g	
<b>Cholesterol</b>	50 mg	17%
<b>Sodium</b>	400 mg	17%
<b>Total Carbohydrate</b>	20 g	7%
Dietary Fiber	1 g	4%
Sugars	4 g	
<b>Protein</b>	14 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
10026584	10073538265842	1 X 10 LB	1/10 LB	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	TlxHI	Shelf Life	Storage Temp
15.813	7.813 IN	7.625 IN	0.545 CF	15x8	547 Days	-15 FA / -14 FA

### 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.

### 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.

### Serving Suggestions :

entree

### Claims :

BAP Certified :  
MSC Certified :

### Child Nutrition :

Has CN Statement :      No