Your Better Choice in Seafood®

Cod / Oven-Ready Potato Crusted Natural Shaped Cod 5 oz

UCC14 Code: 00073129229072 UCC12 Code: 073129229072 SUPC Code: 0786907

PRODUCT/PACKAGING INFORMATION:

Case Cube	Case Configuration	Pallet Configuration	Cases per Pallet
0.473	13.19 x 9.44 x 6.563	14x8	112

Pack Size	Unit Weight	Gross Weight	Net Weight
1/10#	10	11	10

Farm/Fishery Specification: MSC
Frozen Shelf Life: 18 months from date of manufacture.
Allergens: Yes. Please see label.
Approx. Servings per Case: 32
Labeling: Oven Ready
Freezing: IQF

PRODUCT LABEL:

LOT # ??????

2671

PC # 22907MSC

ICYBAY
OVEN-READY POTATO CRUSTED NATURAL SHAPED COD 5 OZ.

INGREDIENTS: Cod, wheat flour, potato sticks (potato,palm oil, salt), enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), yellow corn flour, modified food starch, contains lss than 2% of: canola oil, nonfat milk, salt, sugar, dextrose, expeller pressed sunflower oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), sodium tripolyphophate (to retain moisture), egg yolks, natural flavor, extractives of turmeric and paprika. Precooked in canola, cottonseed and/or soybean oil. **Contains: Cod, Wheat, Milk, Egg.**

COOKING INSTRUCTIONS: CONVECTION OVEN: Preheat oven to 375ºF. Place frozen fillets on baking sheet and bake for 20-22 minutes, or until internal temperature reaches 160º. CONVENTIONAL OVEN: Preheat oven to 425ºF. Place frozen fillets on baking sheet and bake for 22-25 minutes, or until internal temperature reaches 160º. DEEP FRY: Deep fry frozen fillets at 350ºF for 5-6 minutes or until internal temperature reaches 160º.

NET WT. 10 LBS. (4.54 Kg)

KEEP FROZEN 2671

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DISTRIBUTED BY: SLADE GORTON & CO., BOSTON, MA 02118

Nutrition Facts

Serving Size 1 Portion (101g)
Servings Per Container about 44

Amount Per Serving

Calories 220	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 13g	

Vitamin A 0% • Vitamin C 2%
Calcium 2% • Iron 2%

*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
Saturated 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

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving

Calories 220	Calories from Fat 100
	% Daily Value*
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