

Pollock / Oven-Ready Bake n Broil Natural Shaped AK Pollock 3.6 oz

UCC14 Code: 00073129232249 UCC12 Code: 073129232249 SUPC Code: 0788988



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: 44
Labeling: Oven Ready
Freezing: IQF

PRODUCT LABEL:

LOT# ?????? 2671
PC# 23224MSC

**ICYBAY
OVEN-READY BAKE n BROIL
NATURAL SHAPED
AK POLLOCK 3.6 OZ.**

INGREDIENTS: Alaska Pollock, bleached wheat flour, enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), butter flavored oil (soybean oil, butter flavor, beta carotene (for color)), water, Pollock protein, dried cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), salt, maltodextrin, contains less than 2% of yellow corn flour, whey, butter (cream, salt), sugar, yeast, dextrose, soybean oil, corn starch, nonfat milk, onion powder, natural butter flavor, citric acid, natural flavor, guar gum, xanthan gum, extractives of paprika, turmeric and annatto, spice, turmeric, annatto. **Contains: Pollock, Wheat, Milk.**

COOKING INSTRUCTIONS: CONVECTION OVEN: Preheat oven to 375°F. Place frozen fillets on baking sheet and bake for 15 minutes, or until internal temperature reaches 160°F. * For added crispness place under broiler for 2-4 minutes.
CONVENTIONAL OVEN: Preheat oven to 425°F. Place frozen fillets on baking sheet and bake for 16-18 minutes, or until internal temperature reaches 160°F. * For added crispness place under broiler for 2-4 minutes.

MADE WITH 100% PURE
NutraPure[®]
LABORATORIES

NET WT. 10 LBS. (4.54 Kg)

KEEP FROZEN 2671
PC# 23224MSC

**ICYBAY
OVEN-READY BAKE n BROIL
NATURAL SHAPED
AK POLLOCK 3.6 OZ.**


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

Nutrition Facts	
Serving Size 1 Fillet (101g)	
Servings Per Container about 44	
Amount Per Serving	
Calories 180	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 340mg	14%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 13g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 6%
*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 180		Calories from Fat 70	
% Daily Value*			
Total Fat 7g		11%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 45mg		15%	
Sodium 330mg		14%	
Total Carbohydrate 15g		5%	
Dietary Fiber 1g		4%	
Sugars 1g			
Protein 13g			
Vitamin A 0%		• Vitamin C 0%	
Calcium 4%		• Iron 6%	
*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			