

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.



NET WT. 10 LBS. (4.54 Kg)

KEEP FROZEN 2671

PC# 23224MSC

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 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		% Daily Value*	
Calories 180	Calories from Fat 70		
		Total Fat 7g	
		Saturated Fat 1g	
		Trans Fat 0g	
		Cholesterol 50mg	
		Sodium 340mg	
		Total Carbohydrate 15g	
		Dietary Fiber 1g	
		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		% Daily Value*	
Calories 180	Calories from Fat 70		
		Total Fat 7g	
		Saturated Fat 1g	
		Trans Fat 0g	
		Cholesterol 45mg	
		Sodium 330mg	
		Total Carbohydrate 15g	
		Dietary Fiber 1g	
		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
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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4



<http://sodexoseafood.com>

Quality of Daily Life Solutions