Your Better Choice in Seafood®

Pollock / Reduced Fat & Sodium Oven-Ready Breaded AK Pollock Rectangle 3.6 oz CN

UCC14 Code: 00073129232287 UCC12 Code: 073129232287 SUPC Code: 0724181

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: 24 months from date of manufacture.
Allergens: Yes. Please see label.
Approx. Servings per Case: 44
Labeling: "CN, Oven Ready"
Freezing: IQF

PRODUCT LABEL:

Nutrition Facts

Serving Size (102g)
Servings Per Container

Amount Per Serving

Calories 140	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 240mg	**10%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 1g	**4%**
Sugars 0g	
Protein 15g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• 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:

		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

Variable servings per container
Serving size **(100g)**

Amount per serving

Calories	**140**
	% Daily Value*
Total Fat 3.5g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 230mg	**10%**
Total Carbohydrate 13g	**5%**
Dietary Fiber 1g	**4%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 14g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 1mg	6%
Potassium 297mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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