

# Your Better Choice in Seafood®

## Pollock / Oven-Ready Whole Grain Breaded AK Pollock Rectangle 3.6 oz CN

UCC14 Code: 00073129232362 UCC12 Code: 073129232362 SUPC Code: 2860215



### 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:

**23236MSC** **ICYBAY**  
 LOT# 04573 **REDUCED FAT WHOLE GRAIN BREADED**  
 DATE: 19087 **OVEN-READY AK POLLOCK PORTION 3.6 OZ.**



EST 011

**INGREDIENTS:** 71.4% FISH (POLLOCK), 18% BREADING, 12.6% BATTER & WATER, FISH CRACKER MEAL (WHOLE WHEAT FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, EXTRACTIVES OF PAPAIN), ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, MODIFIED CORN STARCH, WHOLE GRAIN YELLOW CORN FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), WATER, CANOLA OIL, GARLIC POWDER, ONION POWDER, SUCROSE, WHEAT GLUTEN, YEAST EXTRACT, SPICES, SALT, SOYBEAN OIL, AND A PROCESSING AID.

**CONTAINS:** FISH, WHEAT.

**COOKING INSTRUCTIONS:** PREHEAT CONVECTION OVEN TO 400 F. PLACE FROZEN PORTIONS ON A PARCHMENT LINED SHEET AND HEAT FOR 14-18 MINUTES. PREHEAT TRADITIONAL OVEN TO 425 AND HEAT FOR 19-22 MINUTES.

**NET WEIGHT 10 LBS (4.54 Kg)**

**Nutrition Facts**  
 Serving Size (100g)  
 Amount Per Serving  
 Calories 140  
 Total Fat 3.5g 8%  
 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%

**KEEP FROZEN**  
**PC #23236MSC**  
**ICYBAY**  
**REDUCED FAT WHOLE GRAIN**  
**BREADED OVEN-READY AK**  
**POLLOCK PORTION 3.6 OZ.**



000731232362

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

**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:

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

**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.