

## Cod / Oven-Ready Bake n Broil Buttercrumb Natural Shaped Cod 3.6 oz

UCC14 Code: 00073129234694 UCC12 Code: 073129234694 SUPC Code: 0788865



### 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# ??????  
PC# 23469MSC

ICYBAY 2651  
**OVEN-READY BAKE n BROIL  
BUTTERCRUMB NATURAL SHAPED  
COD 3.6 OZ.**

**INGREDIENTS:** Cod, bleached wheat flour, enriched bleached wheat flour (enriched with 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, sodium tripolyphosphate (to retain moisture), 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:** Cod, Wheat, Pollock, Milk

**Cooking Instructions:** CONVECTION OVEN: Preheat oven to 375°F. Place frozen fillets on a baking sheet and bake 14-16 minutes or until internal temperature reaches 160°F. CONVENTIONAL OVEN: Preheat oven to 425°F. Place frozen fillets on a baking sheet and bake 16-18 minutes or until internal temperature reaches 160°F.

100% pure cod  
**NutraPure.**  
100% pure cod

NET WT. 10 LBS. (4.54 Kg)

KEEP FROZEN

PC# 23469MSC 2651

ICYBAY  
**OVEN-READY BAKE n BROIL  
BUTTERCRUMB NATURAL SHAPED  
COD 3.6 OZ.**



00073129234694

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

### Nutrition Facts

Serving Size 1 Fillet (101g)	
Servings Per Container about 44	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 320mg</b>	<b>13%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 13g</b>	
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
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Nutrition Facts

Serving Size (100g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 190</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 420mg</b>	<b>18%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 13g</b>	
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.	
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Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**sodexo**

<http://sodexoseafood.com>

Quality of Daily Life Solutions