

**Cod / Oven Ready Battered Natural Cod Filet 2-3 oz**

UCC14 Code: 00073129238715 UCC12 Code: 073129238715 SUPC Code: 0730855



**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: 64  
 Labeling: Oven Ready  
 Freezing: IQF

**PRODUCT LABEL:**

LOT# ??????? 3011  
 PC#23871MSC

**ICYBAY  
 OVEN-READY BATTERED  
 NATURAL COD 2-3 OZ.**

**INGREDIENTS:** Cod, enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yellow corn flour, modified food starch, canola oil, nonfat milk, sugar, contains less than 2% of: dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), sodium tripolyphosphate (to retain moisture), egg yolks, natural flavor, extractives of turmeric and paprika. Precooked in canola, cottonseed and/or soybean oil. **Contains: Cod, Wheat, Milk, Egg.**

**COOKING INSTRUCTIONS:** CONVECTION OVEN: Preheat oven to 375°F. Place frozen filets on baking sheet and bake for 16-20 minutes, or until internal temperature reaches 160°F. CONVENTIONAL OVEN: Preheat oven to 425°F. Place frozen filets on baking sheet and bake for 20-22 minutes, or until internal temperature reaches 160°F.



This product comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery. www.msc.org CQC#3FC-1-18

NET WT. 10 LBS. (4.54 Kg)

KEEP FROZEN 3011

PC#23871MSC  
**ICYBAY  
 OVEN-READY BATTERED  
 NATURAL COD 2-3 OZ.**



00073129238715

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

**Nutrition Facts**

Serving Size 2 Pieces (140g)  
 Servings Per Container 32

Amount Per Serving		% Daily Value*	
<b>Calories</b> 300	Calories from Fat 140		
<b>Total Fat</b> 15g		<b>23%</b>	
Saturated Fat 1g		<b>5%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 40mg		<b>13%</b>	
<b>Sodium</b> 540mg		<b>23%</b>	
<b>Total Carbohydrate</b> 23g		<b>8%</b>	
Dietary Fiber 1g		<b>4%</b>	
Sugars 1g			
<b>Protein</b> 17g			
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		% Daily Value*	
<b>Calories</b> 220	Calories from Fat 100		
<b>Total Fat</b> 11g		<b>17%</b>	
Saturated Fat 1g		<b>5%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 30mg		<b>10%</b>	
<b>Sodium</b> 390mg		<b>16%</b>	
<b>Total Carbohydrate</b> 17g		<b>6%</b>	
Dietary Fiber 0g		<b>0%</b>	
Sugars 1g			
<b>Protein</b> 12g			
Vitamin A 0%	Vitamin C 0%		
Calcium 2%	Iron 4%		

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<http://sodexoseafood.com>

Quality of Daily Life Solutions