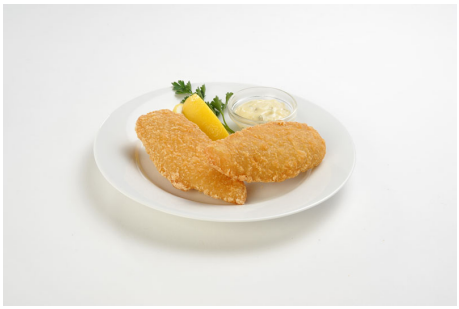
Your Better Choice in Seafood®

Pollock / Oven-Ready Battered Natural AK Pollock 2-3 oz

UCC14 Code: 00073129239774 UCC12 Code: 073129239774 SUPC Code: 0724334



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# ??????

2691

PC #23977MSC

ICYBAY
OVEN-READY BATTERED NATURAL AK POLLOCK 2-3 OZ.

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

COOKING INSTRUCTIONS: CONVECTION OVEN: Preheat oven to 375ºF. Place frozen fillets on baking sheet and bake for 18-20 minutes, or until internal temperature reaches 160ºF. CONVENTIONAL OVEN: Preheat oven to 425ºF. Place frozen fillets on baking sheet and bake for 20-22 minutes, or until internal temperature reaches 160ºF.

NET WT. 10 LBS. (4.54 Kg)

KEEP FROZEN

2691

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ICYBAY
OVEN-READY BATTERED NATURAL AK POLLOCK 2-3 OZ.

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

Nutrition Facts

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

Amount Per Serving

Calories 300	Calories from Fat 140
	% Daily Value*
Total Fat 16g	**25%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 560mg	**23%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 16g	

Vitamin A 2% • Vitamin C 0%
Calcium 6% • 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:

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving

Calories 220	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 400mg	**17%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 12g	

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 4%

*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

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