

Cod / Oven-Ready Breaded Natural Shaped Cod 4oz

UCC14 Code: 00073129254654 UCC12 Code: 073129254654 SUPC Code: 1028048



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: 40
Labeling: Oven Ready
Freezing: IQF

PRODUCT LABEL:

LOT # ??????

PC #25465MSC

**ICYBAY
OVEN-READY BREADED
NATURAL SHAPED COD 4 OZ.**

INGREDIENTS: Cod, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified food starch, yellow corn flour, high fructose corn syrup, salt, dextrose, onion powder, sugar, contains less than 2% of: leavening (dicalcium phosphate, sodium bicarbonate), eggs, mustard, nonfat milk, whey, Pollock protein, soy flour, yeast and yeast extract, canola oil, sodium tripolyphosphate (to retain moisture), spice, calcium carbonate, malic acid, natural flavor (spice extractives). Precooked in canola, cottonseed and/or soybean oil. **Contains: Cod, Wheat, Eggs, Pollock, Milk, Soy.**

Cooking Instructions: Convection Oven: Preheat oven to 375°F. Place frozen fillets on baking sheet and bake for 15-17 minutes or until internal temperature reaches 160°F. Conventional Oven: Preheat oven to 425°F. Place frozen fillets on baking sheet and bake for 18-20 minutes, or until internal temperature reaches 160°F.

Made with all natural
NutraPure.
... a healthy addition

NET WT. 10 LBS. (4.54 Kg)

2 6 6 1

KEEP FROZEN

2 6 6 1

PC #25465MSC

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OVEN-READY BREADED
NATURAL SHAPED COD 4 OZ.**



00073129254654

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

Nutrition Facts

Serving Size 1 Fillet (112g)
Servings Per Container 40

Amount Per Serving

Calories 210 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 300mg **13%**

Total Carbohydrate 20g **7%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 14g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 8%

*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	Less than	300g	375g
Dietary Fiber	Less than	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving

Calories 190 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 4g

Cholesterol 30mg **10%**

Sodium 370mg **15%**

Total Carbohydrate 18g **6%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 13g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 6%

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