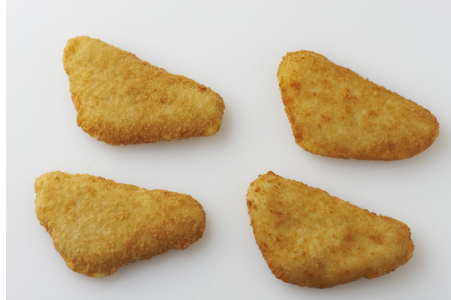


Your Better Choice in Seafood®

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.**

2 6 6 1

KEEP FROZEN
 PC #25465MSC

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)

**ICYBAY
 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		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	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polysaturated 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%

*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
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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

sodexo

<http://sodexoseafood.com>

Quality of Daily Life Solutions