

**Cod / Raw Breaded Cod Tails 5 Oz**

UCC14 Code: 00073129254760 UCC12 Code: 073129254760 SUPC Code: 0730780



**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: 32  
 Labeling:  
 Freezing: IQF

**PRODUCT LABEL:**

LOT #?????? **ICYBAY** 2 6 7 1  
**RAW BREADED NATURAL SHAPED COD 5 OZ.**  
 PC#25476MSC

**INGREDIENTS:** Cod, bleached wheat flour, water, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched yellow corn flour (corn flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), corn starch, salt, dextrose, contains less than 2% of leavening (sodium acid pyrophosphate, sodium bicarbonate), sugar, onion powder, expeller pressed sunflower oil, yeast, sodium tripolyphosphate (to retain moisture), natural flavor, Pollock protein, spice extractive, caramel color, extractives of paprika and annatto. **Contains: Cod, Wheat, Pollock**

**Cooking Instructions:** Deep fry frozen fillets at 350°F for 5-7 minutes or until internal temperature reaches 160°F.

Made with natural  
**NutraPure.**  
... ready solutions

NET WT. 10 LBS. (4.54 Kg)

**KEEP FROZEN** 2 6 7 1

PC#25476MSC

**ICYBAY**  
**RAW BREADED NATURAL SHAPED COD 5 OZ.**



00073129254760

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

<b>Nutrition Facts</b>	
Serving Size 1 Fillet (140g)	
Servings Per Container 32	
Amount Per Serving	
<b>Calories 220</b>	<b>Calories from Fat 10</b>
<small>% Daily Value*</small>	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 720mg</b>	<b>30%</b>
<b>Total Carbohydrate 32g</b>	<b>11%</b>
Dietary Fiber 1g	4%
Sugars 1g	
Protein 19g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories: 2,000 2,500</small>	
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
<small>Calories per gram:</small>	
Fat 9 • Carbohydrate 4 • Protein 4	

<b>Nutrition Facts</b>	
Serving Size (100g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 5</b>
<small>% Daily Value*</small>	
<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 510mg</b>	<b>21%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 1g	4%
Sugars 1g	
Protein 13g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories: 2,000 2,500</small>	
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
<small>Calories per gram:</small>	
Fat 9 • Carbohydrate 4 • Protein 4	