

Flounder/Sole / Raw Breaded Natural Flounder Fillet 3.5-4.5 oz

UCC14 Code: 00073129266244 UCC12 Code: 073129266244 SUPC Code: 0732737



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:
 Freezing: IQF

PRODUCT LABEL:

LOT# ???????

2681

PC# 26824MSC

**ICYBAY
 RAW BREADED NATURAL
 FLOUNDER FILLET 3.5-4.5 OZ.**

INGREDIENTS: Flounder, 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, Pollock protein, expeller pressed sunflower oil, yeast, sodium tripolyphosphate (to retain moisture), natural flavor, spice extractive, caramel color, extractives of paprika and annatto.
Contains: Flounder, Wheat, Pollock.

COOKING INSTRUCTIONS: Deep fry frozen fillets at 350°F for 4-5 minutes or until internal temperature reaches 160°F

Made with natural
NutraPure.
...with no artificial ingredients

NET WT. 10 LBS. (4.54 Kg)

KEEP FROZEN

2681

PC# 26824MSC

**ICYBAY
 RAW BREADED NATURAL
 FLOUNDER FILLET 3.5-4.5 OZ.**


 00073129266244

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

Nutrition Facts

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

Amount Per Serving		Calories from Fat 15	
		% Daily Value*	
Calories 170			
Total Fat 1.5g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 30mg			10%
Sodium 690mg			29%
Total Carbohydrate 29g			10%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 11g			
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		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

Nutrition Facts

Serving Size (100g)
 Servings Per Container

Amount Per Serving		Calories from Fat 15	
		% Daily Value*	
Calories 160			
Total Fat 1.5g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 25mg			8%
Sodium 610mg			25%
Total Carbohydrate 26g			9%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 10g			
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		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