

**Flounder/Sole / 5/8 Oz Flounder Sole Fillet**

UCC14 Code: 00073129091990 UCC12 Code: 073129091990 SUPC Code: 0718979



**PRODUCT/PACKAGING INFORMATION:**

Case Cube	Case Configuration	Pallet Configuration	Cases per Pallet
0.3819	15 x 11 x 4	11x16	176

  

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: 30  
 Labeling:  
 Freezing: IQF

**PRODUCT LABEL:**

**PC # 9199**

**ICYBAY FLOUNDER**

**5-8 OZ FILLETS**

**IQF SKINLESS BONELESS**

INGREDIENTS: Flounder, Sodium Tripolyphosphate

CONTAINS: Flounder

**Pack 1/10 lbs.**

**Product of China**

**Wild Caught**

**NET WT 10 LB (4.54 kg)**

SG PO#

Pack Date:

GTIN # 00073129091990

FOR PLACEMENT OF GTIN  
BARCODE ONLY

Nutrition Facts	
Serving Size 4 oz (113g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>19%</b>
<b>Sodium 90mg</b>	<b>4%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 22g</b>	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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 90	Calories from Fat 10
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 19g</b>	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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