

RAW BREADED COD SQUARE PORTIONS

TRIDENT

PIECE SIZE: 4 OZ

ITEM #

412970

Wild Caught, lightly seasoned mild fish flavor. Fryer ready.

AS PACKAGED:

Nutrition Facts	
40 servings per container	
Serving size 1 piece (112 g/4 oz)	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 330mg	14%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0.3mcg	2%
Calcium 30mg	2%
Iron 0.9mg	6%
Potassium 250mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Date Code Format: JULIAN
Country of Origin: MADE IN THE USA FROM US AND IMPORTED INGREDIENTS

Method of Production: Excluded - 7CFR60.105(b)
Case Pack: 1/10 LB
Case Net Wt.: 10.00 lb (4.54 kg)
Case Gross Wt.: 12.00 lb (5.44 kg)
Package UPC:
Case GTIN: 0 00 28029 12970 0
Case Cube (cu.ft.): 0.54

Coating % Target**: 40.00%
Portion Size Target**: 4.00 OZ
** Plus or Minus variation natural to the production process
Shelf Life: 24 Months Frozen
Inner (in)
Master (in) L 15.00 W 9.94 H 6.25
Pallet Ti/Hi: 12 / 7

Ingredients

ALASKA COD, WHEAT FLOUR, WATER, MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, BLEACHED WHEAT FLOUR, SALT, GARLIC POWDER, WHEY, ONION POWDER, SUGAR, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SPICE.
CONTAINS FISH (ALASKA COD), WHEAT, MILK.

Handling and Preparation

COOKING INSTRUCTIONS:*

KEEP FROZEN UNTIL READY TO COOK.

THAWING IS NOT RECOMMENDED – COOK FROM FROZEN.

DEEP FRY: HEAT OIL TO 350°F. FRY FROZEN PRODUCT FOR 4 - 4½ MINUTES.

MICROWAVE COOKING IS NOT RECOMMENDED.

*COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F.

WE STRIVE TO PRODUCE A FULLY "BONELESS" PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.

FSQA Regulatory Compliance Team

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Nutritional information is calculated. Data is based on laboratory analysis, information from ingredient suppliers, and USDA Standard Reference values. This information is believed to be accurate, but no warranty is implied.



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