

CRISPANKO™ FILLETS

Wild Alaska Pollock and Cod



PROPRIETARY CRISPANKO™
BREADING

INCREDIBLE TEXTURE,
FABULOUS TASTE





3.8 oz. Pollock Sandwich Portion

CRISPANKO™ BREADED WILD ALASKA POLLOCK AND COD

Great wild seafood on the ragged edge of crunch

Light, crisp, delicate and delicious, there's nothing like Trident Seafoods proprietary Crispanko™ coating for putting some crunch in your kitchen. Available in a combination of species and portion sizes, Trident's Crispanko Breaded Fillets complement just about any page on the menu — from lunch-time favorites to late-night snacks. And they cook from frozen in minutes, delivering great seafood flavor and remarkable value to any basket or plate.

Key to the crunch in Trident's Crispanko breading is the unique texture of the breadcrumbs themselves. Not ground or milled or dried — but broken from fresh loaves of specially baked bread — they cook up crisp, golden and spiky with crunchy crevices that hold up firm to a classic creamy tartar or your own signature dipping sauce.

Whichever variety you choose, know that you're picking a great piece of fish from America's leading seafood producer. Call us today and see what Trident can do for you.



2.5-3.5 oz. Pollock



FEATURES & BENEFITS

Proprietary Crispanko™ Breading

Cooks up light, golden and super crisp

High-end, wild-caught Alaska Pollock & Cod

Naturally moist, white and flavorful

Great selection of cuts and applications

From small-bite starters to center of the plate

FOUR CRISPANKO™ OPTIONS:

We offer 2 species, 3 portion sizes:

Alaska Cod 2.5-3.5 oz. Fillet and 4 oz. Wedge
Alaska Pollock 2.5-3.5 oz. Fillet and 3.8 oz. Sandwich Portion

SPECIES INFORMATION

Alaska Cod

Wild Alaska Cod is a large, lean whitefish that's an excellent source of high quality protein. With a sweet flavor, delicate texture and a large melt-in-your-mouth flake, it's well suited for a wide variety of menu applications.

Alaska Pollock

Wild Alaska Pollock is the most abundant fish species harvested in Alaska waters. Managed carefully by NOAA Fisheries, Alaska Pollock is an environmentally responsible seafood choice. Cousin to cod, its lean, snow-white flesh, delicate texture and mild taste make it one of the most versatile and healthy choices available.



4 oz. Cod Wedge

COOKING & HANDLING INSTRUCTIONS

Keep frozen until ready to use. Thawing of the product is not recommended — cook from frozen. Cook product to an internal temperature of 165°F.

METHOD	TEMP.	2.5-3.5oz.	3.8oz.	4oz.
		MINUTES		
Deep Fry	350° F	5.5-8	3.5-5	4-4.5

Heat oil to 350° F. Add frozen product, fry until golden brown, shake basket occasionally to prevent adhesion.

*Cooking times and temperatures may vary substantially. Test cooked fish by inserting fork at thickest part of the fillet. Fish should flake with gentle pressure, and flesh should be opaque. (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.

PACK INFORMATION

ITEM #	DESCRIPTION	PORTION SIZE	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
CRISPANKO™ POLLOCK					
413894	2.5-3.5 oz Original, raw breaded	1/10 lb.	52	0 00 28029 13894 8	
413896	3.8 oz Sandwich Portion Original, raw breaded	1/10 lb.	42	0 00 28029 13896 2	
CRISPANKO™ COD					
413897	2.5-3.5 oz Original, raw breaded	1/10 lb.	58	0 00 28029 13897 9	
421793	Crispanko Cod Portions 4oz Wedge Shaped, raw breaded	1/10 lb.	40	0 00 28029 21793 3	

DIMENSION: (L X W X D) 15” L X 9.94” W X 6.25” D
GROSS WEIGHT: 11.2 LB. CUBE: .54 TI HI: 12 X 7

For more information including recipes and ingredient statements, please visit tridentseafoods.com

Nutrition Facts

Serving size

Amount per serving

Calories

Total Fat

Saturated Fat

Trans Fat

Cholesterol

Sodium

Total Carbohydrate

Dietary Fiber

Total Sugars

Includes Added Sugars

Protein

*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.

Vitamin D

Calcium

Iron

Potassium

Crispanko™ Pollock Original 2.5-3.5 oz

1 piece (88 g/3.1 oz)

120

% Daily Value*

0g **0%**

0g **0%**

0g **0%**

30mg **10%**

520mg **23%**

17g **6%**

0g **0%**

0g **0%**

0g **0%**

11g **22%**

0mcg **0%**

17mg **2%**

1mg **6%**

195mg **4%**

Crispanko™ Pollock Original 3.8 oz

1 piece (108 g/3.8 oz)

140

% Daily Value*

0.5g **1%**

0g **0%**

0g **0%**

40mg **13%**

630mg **27%**

21g **8%**

0g **0%**

0g **0%**

0g **0%**

13g **27%**

0mcg **0%**

21mg **2%**

1mg **6%**

240mg **6%**

Crispanko™ Cod Original 2.5-3.5 oz

1 piece (78 g/2.8 oz)

100

% Daily Value*

0g **0%**

0g **0%**

0g **0%**

20mg **7%**

480mg **21%**

15g **5%**

0g **0%**

0g **0%**

0g **0%**

10g **20%**

0mcg **0%**

20mg **2%**

1mg **6%**

172mg **4%**

Crispanko™ Cod 4 oz Wedge Shape

1 piece (113 g/4 oz)

160

% Daily Value*

0.5g **1%**

0g **0%**

0g **0%**

30mg **10%**

760mg **33%**

24g **9%**

1g **4%**

1g **0%**

0g **0%**

14g **28%**

0mcg **0%**

30mg **2%**

1mg **6%**

242mg **6%**

413894 INGREDIENTS:

ALASKA POLLOCK, WATER, BLEACHED ENRICHED AND UNENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: SALT, WHEY, YEAST, PALM OIL, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), GARLIC POWDER, ONION POWDER, MALTED BARLEY FLOUR, SPICE, DEXTROSE, DISODIUM INOSINATE AND DISODIUM GUANYLATE, TURMERIC (COLOR), YEAST EXTRACT, CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK.

413896 INGREDIENTS:

ALASKA POLLOCK, WATER, BLEACHED ENRICHED FLOUR (WHEAT, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: SALT, ONION POWDER, WHEY, YEAST, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), GARLIC POWDER, MALTED BARLEY FLOUR, SPICE, DEXTROSE, DISODIUM INOSINATE AND DISODIUM GUANYLATE, TURMERIC (COLOR), YEAST EXTRACT, CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK.

413897 INGREDIENTS:

ALASKA COD, WATER, BLEACHED ENRICHED FLOUR (WHEAT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: SALT, WHEY, YEAST, PALM OIL, SODIUM TRIPOLYPHOSPHATES (TO RETAIN MOISTURE), LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), GARLIC POWDER, ONION POWDER, MALTED BARLEY FLOUR, SPICE, DEXTROSE, DISODIUM INOSINATE AND DISODIUM GUANYLATE, TURMERIC (COLOR), YEAST EXTRACT, ASCORBIC ACID (ADDED AS A DOUGH CONDITIONER), CONTAINS FISH (ALASKA COD), WHEAT, MILK.

421793 INGREDIENTS:

ALASKA COD, WATER, BLEACHED ENRICHED FLOUR (WHEAT, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: SALT, WHEY, YEAST, PALM OIL, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), GARLIC POWDER, ONION POWDER, MALTED BARLEY FLOUR, SPICE, DEXTROSE, DISODIUM INOSINATE AND DISODIUM GUANYLATE, TURMERIC (COLOR), YEAST EXTRACT, ASCORBIC ACID (ADDED AS A DOUGH CONDITIONER), CONTAINS FISH (ALASKA COD), WHEAT, MILK.



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