

Crispy Fried Flounder

Country Fried or Golden Crisp Breeding



Golden Crisp

- >> PREMIUM WHOLE FILLETS
- >> TWO CRISPY BREADINGS
- >> WILD & ABUNDANT



Crispy Fried Flounder

Looking for a great-tasting whitefish that's perfect for a Friday Night Fish Fry or a center-of-the-plate entrée? Trident now provides two crispy flounder options that are sure to fill the bill and excite your customers without draining your seafood budget. In addition to great flavor, firm texture and beautiful white fillets, Trident flounder provides excellent plate coverage and remarkable value.

If your menu promises "comfort" at a reasonable price, Trident's new Country Fried Flounder delivers all of the flavor they expect from a crisp whole-fish fillet that sings with satisfaction and echoes home-cooked notes of garlic, onion and pepper. Paired with buttered mashed potatoes and mixed vegetables it's sure to make them smile.

Whether it's a crispy fish poor boy with lemon-dill dressing or a generous fish n' chips basket with malt vinegar and tartar, Trident's Golden Crisp Flounder stands up to the task. Milder than our Country Fried recipe, our Golden Crisp breading holds tight to the natural, firm fillet and always lives up to its name.



Country Fried

Features & Benefits

>> WILD AND ABUNDANT

Consistent clean flavor, sustainable supply

>> PREMIUM WHOLE FILLETS

Excellent plate coverage and value

>> CRISP, THIN, FIRM AND FLAVORFUL

Cooks up fast; makes great hand food, too

COOKING & HANDLING INSTRUCTIONS

Keep frozen until ready to use. Cook to an internal temperature of 145° F. Cooking times vary with equipment and load; adjust as needed. Cook until crisp and golden brown.

DEEP FRY:

Deep fry at 350° F for 4 minutes.

PACK INFORMATION

ITEM #	DESCRIPTION	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
413117	4 oz. Country Fried Flounder	1/10 lb.	40	0 00 28029 13117 8
413118	4 oz. Golden Crisp Flounder	1/10 lb.	40	0 00 28029 13118 5
DIMENSION: (L x W x D) 15" L x 10" W x 6" D		GROSS WEIGHT: 11.7 lb.		
CUBE: .52		TI HI: 12 x 7		

Species Information

The interchangeable terms of flounder and sole apply to several species of Pacific flatfish. All are extremely lean featuring pure white meat. Alaskan Flounder and Sole are highly valued for their delicate flavor and tight moist flake.

Nutrition Facts – Country Fried Flounder	
Serving Size 1 portion (113 g/4 oz.)	
Serving Per Container: About 40	
Amount Per Serving	
Calories 180	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 650mg	27%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 12g	28%
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

Nutrition Facts – Golden Crisp Flounder	
Serving Size 1 portion (113 g/4 oz.)	
Serving Per Container: About 40	
Amount Per Serving	
Calories 180	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 450mg	19%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 14g	28%
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

COUNTRY FRIED FLOUNDER INGREDIENTS: FLOUNDER, BLEACHED WHEAT FLOUR, WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, ONION POWDER, GARLIC POWDER, SPICE, RICE FLOUR, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, SODIUM ACID PYROPHOSPHATE), SUGAR, CORN DEXTRIN, YEAST EXTRACT, SOYBEAN OIL, YEAST, WHITE CORN FLOUR, SALT, SEA SALT, EVAPORATED CANE JUICE, MALTED BARLEY FLOUR, WHEY, NATURAL FLAVOR, CANOLA OIL, POTASSIUM CHLORIDE, MODIFIED CELLULOSE, XANTHAN GUM, MONOSODIUM GLUTAMATE, GUM ARABIC, EXTRACTIVES OF TURMERIC AND PAPRIKA, SODIUM PHOSPHATES. ALLERGY INFORMATION: CONTAINS: FISH (FLOUNDER), WHEAT AND MILK

GOLDEN CRISP FLOUNDER INGREDIENTS: FLOUNDER, ENRICHED BLEACHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: DEXTROSE, GARLIC POWDER, GUAR GUM, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), ONION POWDER, SALT, SOYBEAN OIL, SPICE, SUGAR, WHEY, WHEAT STARCH, YEAST, YELLOW CORN FLOUR. ALLERGY INFORMATION: CONTAINS FISH (FLOUNDER), WHEAT AND MILK.



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