

Premium Crispy[®] Breaded Alaskan Pollock



- >> CRISPY CRACKER CRUMB
- >> FROM WILD ALASKAN POLLOCK
- >> 0G TRANS FAT



Premium Crispy Fish

Great-tasting, Crispy Fish Fillets to dine for. Trident Seafoods Premium Crispy Fish Fillets are the fillets we dream of: Tender, moist, white flaky fish with a mouth-watering, crunchy cracker coating. Trident Crispy Fish Fillets come in three convenient sizes (1 oz., 4.3 oz. and 6.2oz.) making them the perfect addition for just about any sandwich, basket or platter.

Fryer-ready means no prep time and ready-to-serve in minutes. Our Crispy Fish Fillets deliver terrific taste and labor-saving convenience. Made with Trident's wild, ocean-caught Alaskan Pollock, Premium Crispy Fillets bring consistent portioning to you kitchen and real seafood appeal to your menu. They're ideal as an appetizer, in a fish taco or Captain's Platter. Delight kids and adults alike with a delicious Dipper Meal or the ever-popular Fish & Chips.

Features & Benefits

>> FRYER-READY; COOKS FROM FROZEN

Cooks in minutes with no prep time

>> IQF

100% yield

>> EASY & CONVENIENT

Three consistent sizes

>> PREMIUM PRODUCT

Excellent value; seafood appeal

Species Information

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

PACK INFORMATION

ITEM#	DESCRIPTION	PORTION SIZE	PACK SIZE	APPROX. PORTIONS PER CASE	GTIN#
477087	Diamond Dippers	1 oz.	1/10 lb	160	0 28029 77087 2
474592	Sandwich Portions	4.3 oz	1/14 lb	52	0 28029 74592 4
484407	Colossal Portions	6.2 oz.	1/15.5 lb	40	0 28029 84407 8
PACK SIZE 10 LB: GROSS WT. 11 LB; CUBE .52; TI HI 12 X 7 CASE DIMENSION 15" L X 10.25" W X 5.75" H					
PACK SIZE 14 LB: GROSS WT. 16 LB; CUBE .52; TI HI 12 X 7 CASE DIMENSION 15" L X 10.25" W X 5.75" H					
PACK SIZE 15.5LB: GROSS WT. 16.5 LB; CUBE .52; TI HI 12 X 7 CASE DIMENSION 15" L X 10.25" W X 5.75" H					



5303 SHILSHOLE AVE NW, SEATTLE, WA 98107

(800) 367-6065

(206) 783-3474

FAX: (206) 782-7246

E-MAIL: Sales@TridentSeafoods.com

www.TridentSeafoods.com



HANDLING INSTRUCTIONS

Keep frozen at or below 0°F until ready to use.

COOKING INSTRUCTIONS

Cook to an internal temperature of 145°F. Cooking times vary with equipment and load; adjust as needed.

For best results, turn product over halfway through cooking time. Cook until crisp and golden brown.

1 OZ. DIAMOND DIPPERS: Deep fryer: Deep fry at 350° F for approximately 2-1/2 to 3 minutes.

4.3 OZ SANDWICH PORTIONS: Deep fryer: Deep fry at 350° F for approximately 5-1/2 to 6 minutes.

6.2 OZ. COLOSSAL PORTIONS: Deep fryer: Deep fry at 350° F for approximately 5-1/2 to 6 minutes.

Nutrition Facts — Serving Size	Diamond Dippers 4oz, 4 pieces		4.3oz Portions 4.3oz, 1 pc		6.2oz Portions 6.2oz, 1 pc	
	Amount Per Serving					
Calories	120		130		180	
Calories from Fat	20		20		25	
% Daily Value*						
Total Fat	2g	3%	2g	3%	3g	5%
Saturated Fat	0g	0%	0g	0%	0g	0%
Trans Fat	0g		0g		0g	
Polyunsaturated Fat	0g		0g		0.5g	
Monosaturated Fat	1g		1g		1.5g	
Cholesterol	50mg	17%	55mg	18%	80mg	27%
Sodium	240mg	10%	260mg	11%	370mg	15%
Total Carbohydrate	10g	3%	11g	4%	15g	5%
Dietary Fiber	0g	0%	0g	0%	1g	4%
Sugars	0g		0g		0g	
Protein	14g	28%	15g	30%	22g	44%
Vitamin A • Vitamin C	0% • 0%		2% • 0%		2% • 0%	
Calcium • Iron	2% • 4%		2% • 6%		2% • 8%	
*Percent Daily Values are based on a 2,000 calorie diet.						

Printed on 50% recycled paper (25% post-consumer waste) with soy ink