

Popcorn Fish



>> SAVORY, SOUTHERN-STYLE COATING

>> 0G TRANS FAT

>> 100% ALASKAN POLLOCK



Popcorn Fish

Our popular Popcorn Fish works magic on your menu, appearing effortlessly in both appetizers and entrees. Easy-to-cook and easy-to-love, these crunchy bites combine a savory-seasoned coating with the mild and tender snow-white flake of sustainable Alaskan Pollock. Popcorn Fish cook up quickly (deep frying in under 3 minutes) and make irresistible, flavorful bites every customer can enjoy, from kids on up. They're packed with consistently portioned, 100% Alaskan Pollock and are trans-fat free — and that's good news for everyone.

Our versatile Popcorn Fish are at home in any meal. Imagine a single, simple seafood dish everyone can agree on. Kids love Popcorn Fish as a welcome addition to Kid's Meals, wraps and tacos. Adults savor the fish heaped onto Captain's Platters or mixed into Caesar salads. Or, simply feature them as an appetizer by adding a dipping sauce or topping. With so many tasty ways to use them, our Popcorn Fish will be a star in your seafood lineup.

Features & Benefits

>> QUICK AND EASY

Deep fries in under three minutes

>> PLENTY OF FISH IN EVERY SERVING

14 pieces in a 3 oz. serving

>> SAVORY-SEASONED COATING

Flavorful coating holds tight, stays crisp

>> 100% ALASKA POLLOCK

Sustainable; tender, mild-tasting, snow-white flesh

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. PIECES PER CASE	GTIN #
487503	Popcorn Fish	.2 oz	1/10 lb.	800	0 00 28029 87503 4
10 LB. PACK: DIMENSION: (L x W x D) 15" L x 10" W x 6.125" H					
GROSS WEIGHT: 10.7 lb. CUBE: .53 TI HI: 12 x 7					



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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 2½ to 3 minutes.

CONVENTIONAL OVEN:

Pre-heat to 425° F. Bake at 425°F for 15 to 20 minutes.

CONVECTION OVEN:

Pre-heat to 375° F. Bake at 375°F for 8 to 12 minutes.

We strive to produce a fully “boneless” product. As with all fish, however, occasional bones might still be present.

INGREDIENTS: ALASKA POLLOCK, BLEACHED WHEAT FLOUR, WATER, RICE FLOUR, LESS THAN 2% OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SALT, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OILS, SPICES, BUTTERMILK, AUTOLYZED YEAST EXTRACT, BONITO EXTRACT, HYDROLYZED WHEAT GLUTEN, LACTIC ACID, MONOSODIUM GLUTAMATE, SPICE EXTRACT, ARTIFICIAL FLAVOR, FOOD STARCH- MODIFIED, MALTODEXTRIN, MIXED TRIGLYCERIDES, SPICE. PARFRIED IN VEGETABLE OIL (SOYBEAN OR CANOLA OIL). ALLERGY INFORMATION: CONTAINS FISH (ALASKA POLLOCK AND BONITO), WHEAT AND MILK.

Nutrition Facts — POPCORN FISH	
Serving Size 14 pieces (84g) 3 oz	
Servings Per Container about 53	
Amount Per Serving	
Calories	210
Calories from Fat	110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 7g	
Monounsaturated Fat 2.5g	
Cholesterol 5mg	2%
Sodium 900mg	38%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 10g	20%
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	
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