



# Pollock Fillets Stuffed with Pizza Sauce and Cheese

portion control, easy preparation



## Nutrition Facts

Serving Size: 112 GR  
 Household Serving Size: 1 piece  
 Servings Per Container: 40

Amount Per Serving  
 Calories 170                      Calories from Fat: 60

	Per Serving	% Daily Value*
<b>Total Fat</b>	6 g	0%
Saturated Fat	1 g	0%
Trans Fat	0 g	
<b>Cholesterol</b>	50 mg	0%
<b>Sodium</b>	300 mg	0%
<b>Total Carbohydrate</b>	14 g	0%
Dietary Fiber	0 g	0%
Sugars	1 g	
<b>Protein</b>	14 g	

	Per Srv		Per Srv
<b>Vitamin A</b>	8%	<b>Vitamin C</b>	6%
<b>Calcium</b>	6%	<b>Iron</b>	4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram  
 Fat 9                      Carbohydrate 4                      Protein 4

## Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
06124	00074638061245			40

Brand	GPC Description
Viking	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LB	10 LB	USA	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
13.37 IN	9.37 IN	8.25 IN	0.598 CF	14x5	547 Days	-15 FA / -14 FA

## Ingredients :

ALASKA POLLOCK, BLEACHED WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED FOOD STARCH, BASIL, SALT, WHEAT FLOUR, SPICES, YELLOW CORN FLOUR, GRANULATED GARLIC, PARSLEY, SOYBEAN OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), SUGAR, NONFAT DRY MILK, CORN SYRUP SOLIDS, IODIZED SALT, PARTIALLY HYDROGENATED SOYBEAN OIL, YEAST, ONION POWDER, CITRIC ACID, EGGS, SOY LECITHIN, DEXTROSE, EGG WHITE, LEMON PEEL, LEMON JUICE SOLID, NATURAL FLAVORS, EXTRACTIVES OF TURMERIC, YELLOW 5 AND YELLOW 6. FRIED IN SOYBEAN AND/OR CANOLA OIL.

## Prep & Cooking Suggestions :

Bake in a preheated oven for approximately 18 - 22 minutes or until internal temp is 160 degrees

## Serving Suggestions :

lunch menu, dinner menu

## Claims :

BAP Certified :  
 MSC Certified :                      Yes  
 AHG Certified :

## CN Information :

Has CN Statement :                      No

*1 = 2 med, 0 grain*