



UpperCrust Potato Cod

Top-crusted fillets with potato, chives and cheddar. Fully prepared, frozen and oven-ready.



Nutrition Facts

Serving Size: 154 GR
Household Serving Size: 1 piece
Servings Per Container: 29

Amount Per Serving		
	Per Serving	% Daily Value*
Calories	200	Calories from Fat: 70
Total Fat	8 g	12%
Saturated Fat	3 g	15%
Trans Fat	0 g	
Cholesterol	30 mg	10%
Sodium	550 mg	23%
Total Carbohydrate	10 g	3%
Dietary Fiber	0 g	0%
Sugars	1 g	
Protein	21 g	

	Per Srv		Per Srv
Vitamin A	4%	Vitamin C	10%
Calcium	0%	Iron	8%

*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
1029736	10035493297368			29

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

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
14.25 IN	12 IN	6 IN	0.594 CF	11x11	547 Days	-15 FA / -14 FA

Ingredients :

COD, WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, POTATO BLEND (DEHYDRATED POTATO (POTATOES, MONOGLYCERIDES, DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE, CITRIC ACID), DRY POTATO MIX (POTATOES, CORN STARCH, GUAR GUM, SALT, METHYCELLULOSE, SODIUM BISULFITE (PRESERVATIVE), BHT (PRESERVATIVE)), POTATOES, PARTIALLY HYDROGENATED SOYBEAN OIL, DEXTROSE], SALT, CHEDDAR CHEESE POWDER (CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY, SALT, DISODIUM PHOSPHATE, YELLOW 5 AND YELLOW 6), YELLOW CORN FLOUR, POTATO STICKS (POTATOES, PALM OIL, SALT), WHITE CORN FLOUR, DISODIUM INOSINATE, DISODIUM

Prep & Cooking Suggestions :

PLACE FROZEN CRUSTED FILLETS ON A LIGHTLY OILED SHEET PAN. CONVECTION OVEN: PREHEAT OVEN TO 325°F AND BAKE FOR 14-17 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 375°F AND BAKE FOR 34-36 MINUTES. NOTE: PRODUCT CAN BE BAKED FROM A DEFROSTED STATE. CONVECTION OVEN: PREHEAT OVEN TO 375°F AND BAKE FOR 10-12 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400°F AND BAKE FOR 15-17 MINUTES. NOTE: FILLETS SHOULD REACH AN INTERNAL TEMPERATURE OF 165°.

Serving Suggestions :

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

Claims :

BAP Certified :
MSC Certified :
AHG Certified :

CN Information :

Has CN Statement : No

1 = 3 meat, 0 grain