



Fish-In-Batter Diamond Cut 3 oz.

moist, flaky fish + perfect for fish & Chips



Nutrition Facts

Serving Size: 84 GR
Household Serving Size: 1 PORTION
Servings Per Container: 53

Amount Per Serving

Calories 180 Calories from Fat: 100

	Per Serving	% Daily Value*
Total Fat	11 g	17%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	20 mg	7%
Sodium	310 mg	13%
Total Carbohydrate	12 g	4%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	9 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	2%

*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
10004233	10073538042337			53

Brand	GPC Description
Icelandic Seafood	Fish - Prepared/Processed (Frozen)

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

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.813	7.813 IN	8.625 IN	0.617 CF	15x7	547 Days	-15 FA / -14 FA

Ingredients :

COD, WATER, YELLOW CORN FLOUR, BLEACHED WHEAT FLOUR, SALT, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), MODIFIED FOOD STARCH, GELATINIZED WHEAT STARCH, SPICES AND NATURAL FLAVOR. FRIED IN SOYBEAN OIL. CONTAINS: FISH (COD), WHEAT

Prep & Cooking Suggestions :

DEEP FRY: FRY FROZEN PORTIONS AT 360oF FOR 3-3 ½ MINUTES. BAKE: PREHEAT OVEN TO 425oF. PLACE FROZEN PORTIONS ON CRUMPLED ALUMINUM FOIL AND BAKE 20 MINUTES. TURN ONCE.

Serving Suggestions :

ENTREE

Claims :

BAP Certified :
MSC Certified :
AHG Certified :

CN Information :

Has CN Statement : No

1 = 1 meat + 0 grain