800
91003

INDIVIDUALLY
QUICK FROZEN

KEEP FROZEN

DO NOT
REFREEZE

2557690

SEASTAR

SEA CRISP

10021015

COOKING INSTRUCTIONS:
Conventional Oven: Place frozen into a pre-heated 425°F oven and bake approximately 20 minutes. Convection Oven: Bake at 400°F approximately 15 minutes.
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

INGREDIENTS: MINCED COD. BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, DEXTROSE, YEAST, COLORED WITH OLEORESIN PAPRIKA AND ANNATTO EXTRACT. BATTER; WATER, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, MODIFIED CORN STARCH, SALT, CELLULOSE GUM, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), IODIZED SALT, NATURAL FLAVOR, SPICE EXTRACTIVE. FRIED IN SOYBEAN OIL.
CONTAINS: FISH (COD), WHEAT

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801
FOR INQUIRIES CALL: 1-888-860-3664
www.highlinerfoods.com

00079149210151

PAR FRIED CRUNCHY
FISH NUGGETS
MADE FROM MINCED COD
1 oz

NET WT 10 Lb (4.54 kg)

Nutrition Facts

Serving Size 4 Nuggets (112g)
Servings Per Container About 40

Amount Per Serving	
Calories 250	Calories from Fat 100
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 330mg	**14%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 1g	4%
Sugars 0g	
Protein 15g	
Vitamin A 0%	• Vitamin C 4%
Calcium 0%	• Iron 6%

*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
Saturated 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

10021015

00079149210151

4 = 2 meat, 0 grain