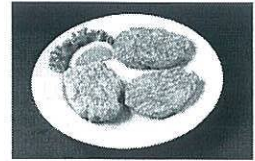




## Country Fry Breaded Cod Nugget 0.75 oz.

Coating made of a special blend of flour and seasonings that is reminiscent of homemade traditional southern fried chicken. Light, golden, crispy batter with a made from scratch appearance. Can be baked or deep fried. Ideal for appetizers, entree, baskets and platters.



### Nutrition Facts

Serving Size: 84 GR  
Household Serving Size: 4 PIECES  
Servings Per Container: 53

Amount Per Serving		
	Per Serving	% Daily Value*
<b>Calories</b>	180	Calories from Fat: 80
<b>Total Fat</b>	9 g	14%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
<b>Cholesterol</b>	20 mg	7%
<b>Sodium</b>	550 mg	23%
<b>Total Carbohydrate</b>	18 g	6%
Dietary Fiber	1 g	4%
Sugars	0 g	
<b>Protein</b>	11 g	

	Per Srv		Per Srv
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	2%
<b>Calcium</b>	2%	<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
<b>Total Fat</b>	Less than	65g	80g
<b>Sat. Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g

Calories per gram  
Fat 9      Carbohydrate 4      Protein 4

### Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
10001615	10073538016154			53

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

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.813	7.813 IN	7.625 IN	0.545 CF	15x8	547 Days	-15 FA / -14 FA

### Ingredients :

COD, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MODIFIED FOOD STARCH, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), SALT, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN AND COTTONSEED), SPICES, YEAST, SUGAR, WHEAT STARCH, NATURAL FLAVOR, IODIZED SALT. FRIED IN SOYBEAN OIL. CONTAINS FISH, WHEAT.

### Prep & Cooking Suggestions :

DEEP FRY: FROZEN MUNCHIES AT 360 °F FOR 3½-4 MINUTES. CONVENTIONAL OVEN: BAKE AT 450 F FOR 14-15 MINUTES. (FOR SPICIER VERSION) ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISICS.

### Serving Suggestions :

Entree

### Claims :

BAP Certified :  
MSC Certified :  
AHG Certified :

### CN Information :

Has CN Statement : No

*Raw Breaded*