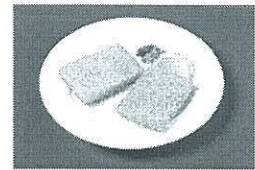




Fish-In-A-Minute Cod Rectangle Tater Fry 3 oz.

When handled according to cooking instructions, these fish portions heat up crisp on the outside and tender on the inside in about one minute.



Nutrition Facts

Serving Size: 84 GR
Household Serving Size: 1 PORTION
Servings Per Container: 64

Amount Per Serving
Calories 220 Calories from Fat: 90

	Per Serving	% Daily Value*
Total Fat	10 g	15%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	25 mg	8%
Sodium	300 mg	13%
Total Carbohydrate	20 g	7%
Dietary Fiber	1 g	4%
Sugars	1 g	
Protein	12 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	2%
Calcium	2%	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
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
10002945	10073538029451			64

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
12.96 LB	12 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, BLEACHED WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, DEHYDRATED POTATOES (POTATOES, MONO AND DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE, AND CITRIC ACID), MODIFIED FOOD STARCH, WHITE CORN FLOUR, SALT, SUGAR, VEGETABLE OIL (SOYBEAN AND/OR PARTIALLY HYDROGENATED SOYBEAN OIL), YEAST, SPICES, GARLIC POWDER, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), NATURAL FLAVOR, GUAR GUM, FRIED IN SOYBEAN OIL. CONTAINS FISH (COD), WHEAT.

Prep & Cooking Suggestions :

THAW IN REFRIGERATOR 24-48 HOURS BEFORE USE. USE REFRIGERATED PRODUCT WITHIN 7 DAYS. FRY: DEEP FRY TEMPERED PRODUCT AT 360°F FOR ABOUT 60 SECONDS. MICROWAVE: COOK TEMPERED PORTIONS UNCOVERED AT FULL POWER FOR 30 SECONDS (1400 WATTS) FOR 65 SECONDS (600-700 WATTS). ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.

Serving Suggestions :

ENTREE

Claims :

BAP Certified :
MSC Certified :
AHG Certified :

CN Information :

Has CN Statement : No

1 = 1.5 meat, 0 gram