



Dixie Crunch Breaded Cod Portion 1.25-2.5 oz

Southern style cornmeal bread crumb. Cooks crispy. Can be baked or deep fried.



Nutrition Facts

Serving Size: 112 GR
Household Serving Size: ABOUT 2
Servings Per Container: 40

Amount Per Serving
Calories 240 Calories from Fat: 110

| | Per Serving | % Daily Value* |
|---------------------------|-------------|----------------|
| Total Fat | 12 g | 19% |
| Saturated Fat | 2 g | 9% |
| Trans Fat | 0 g | |
| Cholesterol | 30 mg | 10% |
| Sodium | 650 mg | 27% |
| Total Carbohydrate | 18 g | 6% |
| Dietary Fiber | 1 g | 4% |
| Sugars | 0 g | |
| Protein | 14 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 |
|----------|----------------|------------|--------------|--------------|
| 10002377 | 10073538023770 | | | 40 |

| 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 | TlxHl | Shelf Life | Storage Temp |
| 15.813 | 7.813 IN | 7.625 IN | 0.545 CF | 15x8 | 547 Days | -15 FA / -14 FA |

Ingredients :

COD, WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED YELLOW CORN MEAL (CORN MEAL, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED FOOD STARCH, SALT, SPICES, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), CITRIC ACID, IODIZED SALT, WHEAT STARCH, SODIUM CITRATE, DRIED LEMON JUICE, GARLIC POWDER, NATURAL FLAVOR, COLORED WITH OLEORESIN PAPRIKA AND ANNATTO EXTRACT. FRIED IN SOYBEAN OIL. CONTAINS FISH, WHEAT.

Prep & Cooking Suggestions :

DEEP FRY FROZEN AT 360°F FOR ABOUT 4 MINUTES. REGULAR OVEN: BAKE AT 425°F FOR 16-18 MINUTES. CONVECTION OVEN: BAKE AT 400°F FOR 12-14 MINUTES.

Serving Suggestions :

Plate portions with apple chutney, thick-cut fries and a side salad.

Claims :

BAP Certified :
MSC Certified :
AHG Certified :

CN Information :

Has CN Statement : No

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